

THE FACTS OF LIFE FOR TEENAGERS







STORK didn't bring you!

LOIS PEMBERTON

FOREWORD BY WILLIAM A. SCHONFELD, M.D.

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To Rhonda who
made this necessary
and to Thank who
made it possible
wade to possible
Way 48

An Introductory Word

Dear Boys and Girls:

This is not just a book, but an effort to help you through a very difficult period when you're assailed by doubts, fears, hopes, and illusions on all sides. Such feelings accumulate mostly when you don't fully understand what's happening to you, inside or out. And because of your ready sensitivity, you're too shy, embarrassed, or reticent to ask ALL the questions about life you'd like answered.

Growing up isn't easy, nor all the FUN it's cracked up to be. Because of ignorance and many misconceptions, it may very often be painfully distressing or solemnly frightening. But through intelligent enlightenment, maturing youth can be the fine, exuberant experience it was meant to be. For youth must be hopeful and free, in order to grow strong and fruitful.

AN INTRODUCTORY WORD

This handbook is also a wish on my part to bring you and your parents closer together in the bonds of understanding and friendship. They dread offending you, for they remember and appreciate how sensitive you are. So they hesitate coming to you with such information till you seem ready and signify a willingness and intent to grasp the facts and realities of adulthood. And sometimes, receiving no signal from you, they wait too long. You find things out for yourself; and often the misinformation you gather disturbs you more than no information at all.

Therefore, YOU are the one to seek them out when you feel you want to know about yourself. Please do. Mother and Dad will feel so much better that THEY were the ones to set you straight. They care very much when things trouble you, and they can be most helpful about life's problems.

I've tried throughout to avoid the heavy hand and the preaching approach to the whole business. I want you to read all this in the best of faith—for this is cold turkey in your own language.

And sincerely, I hope you'll gain the know-how from it, to overcome some serious questions and satisfy some troubling doubts.

With all my very best wishes,
LOIS PEMBERTON

Foreword

This foreword is addressed to the parents, teachers, and counselors of adolescent boys and girls.

The subject of sexual behavior has always been enveloped in considerable mystery because of the inability of adults to face the truth about sex. For this reason, the adolescent is confused and comes to associate sexual activity with the duplicity and indecency which lead neither to intellectual honesty nor human dignity. This attitude will continue so long as sexual activity is dealt with in the "current confusion of ignorance and sophistication, denial and indulgence, suppression and stimulation, punishment and exploitation, secrecy and display" depending upon the parents' and teachers' own frustrations or adjustments toward sex.

This book fills a gap in our literature on sex education. It presents a wholesome attitude toward many of the sexual problems confronting society. It is directed both to the boys and girls who are beginning and those who are well on in pubertal development and adolescence. "The Stork

Didn't Bring You!" is written in the vernacular of today's adolescents and yet in a form also acceptable to their parents, educators, and religious counselors. The reader will find nothing in this book which resembles a sermon or didactic lecture, nor advice which the adolescent could not possibly follow. Lois Pemberton offers honest constructive assistance and encourages the adolescent to think out each problem, thereby finding his or her own way with dignity and honor.

Psychiatric studies of adolescents reveal that their most serious difficulties in sexual matters are the results of general feelings of inadequacy with fixation on the sexual aspects of the problem, as this is the realm of greatest intellectual insecurity and emotional pressure in this age group. Undue feelings of guilt and erroneous concepts of normal sexual behavior also play a role.

An isolated book, no matter how good it may be, will not be effective, nor will it eradicate ignorance unless it is a subordinate part of a general educational and training program both at home and at school. Such a program must be designed to develop an all-around integrated personality. Sexual behavior is not an isolated phenomenon in an individual's life, but is a part of the general scheme of the person's mode of living, his attitudes toward himself and the social world, his ambitions and his hopes. Aberrations of sexual behavior are a manifestation of personality trends or disorder rather than a cause of personality disturbance.

One of the important factors influencing the sexual behavior of an individual is the social group to which he belongs. Among adolescents this is particularly true. When an adolescent is thrown into a group whose moral concepts are different from his own, difficulties arise, since one of the most intense motivations of the adolescent is to conform to the pattern of the group. However, the adolescent must learn that there are concepts which are more important than the approval of the "gang" and when his or her ideas of right conflict with that of the group, the adolescent must either change the ideas of the "gang" or choose another "gang." There must be no compromise. To do this, however, the adolescent must have a well-established character pattern.

One phase of this book in which the author stresses the importance of diverting sexual energy into "higher things" may be open to discussion. Although some workers in this field, such as Dr. A. C. Kinsey, state that people cannot voluntarily direct their sexual drives into other types of activity, we do know that the sex urge may be temporarily diverted and that people who have wide interests and are busily engaged in constructive activity, have less time to think of sex matters than people whose lives have denied them this opportunity. There is no question, however, that we may accomplish a great deal by training the adolescent to cultivate constructive and creative interests so that he need not withdraw into his shell and become preoccupied with sexual fantasies. Another phase of this

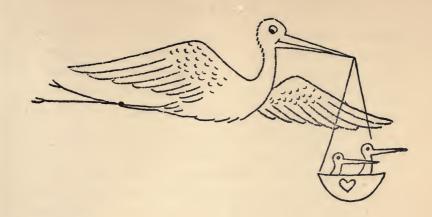
problem is to remove the intense feelings of usually unjustified guilt that adolescents experience over whatever sexual activities they may have. This sense of guilt, more than the experiences themselves, absorbs all of their energies and encourages withdrawal into a fantasy world. They should be encouraged to find a pattern of behavior acceptable both to themselves and to society.

We are often asked whether one form of sexual behavior or another is normal or right. The mere weight of frequency does not make it right because what seems to be normal behavior may actually be highly undesirable from the standpoint of the individual and of society. The criteria as to whether a particular form of behavior is right may vary, among individuals and cultures, but the adolescent may accept it as right if he can honestly answer that the activity will not hinder his or her own chance for a stable family life in the future.

The adolescent must learn that, as a mature adult member of a community, he must learn to find satisfaction and happiness through long-range planning, and not require immediate satisfaction of all his impulses. This carries with it a need for self-discipline which in itself is a sign of maturity.

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THE STORK DIDN'T

CHAPTER 1

DIDN'T...
BRING
YOU



All the credit the long-legged bird receives for dropping babies down chimneys dates far back to the time he was the good-luck symbol of Teutonic Germany. The superstitious farm folk set up wheels and perches atop their roofs in the hopes of attracting storks to nest with them, and thereby bring good fortune to their households. Twice-blessed was the home boasting both storks and babies. And since most every house had its stork-nest near the chimney, whenever a birth occurred, the birds on top were believed to have bestowed great favor on those below. Gradually then, the happy parents began to tell their children the storks had brought them. So the stork yarn was handed down from family to family through the centuries, becoming rooted in the folklore of all countries.

Later this charming myth was pressed into service by anxious parents who really didn't know how to tell their children the "facts of life," and by still others who deemed

it a solemn duty to withhold such facts as long as possible. But actually the overall lack of adequate information on the subject of human reproduction was the largest factor in keeping even the most fundamental sex knowledge hidden in secret, oft-times fearful, darkness until not too many generations ago. You may even have heard bird rumors yourselves!

It's all out in the open at last. Today we all know that you are the co-operative product of both a father and a mother; that your mother housed you as a seed, kept you warm and snug inside herself until you were ready and able to make an appearance in this world; that a doctor was on hand to urge you on, make your mother comfortable, and help you both should anything go wrong; that now you're here, your parents feel responsible to you and for you, and will till you have a family of your own.

These simple, wholesome facts we now hold true. By learning how they come about, we also begin to understand their deep spiritual and social significance and to appreciate the beauty and dignity attached to human life which makes it worth the living.

How to convey these simple, natural truths in a simple, natural way is the big problem and great responsibility of all parents. When you consider that they were boys and girls such a little while back, it does seem strange they find it so difficult to tell their own boys and girls about this business of becoming parents. You might well suppose too, that after nursing you through diapers and high-

chairs, measles and dog bites, they'd be relieved to see you enter this "growing up" stage. But NO. It almost seems as if they deliberately hold off telling you things you should know, in the pleasant hope of keeping you little a little longer. Actually parents, underneath their seeming austerity, are very sentimental people; and while growing up is a very normal process which happens in everyone's life, they just don't want it to happen in yours. Not yet anyway.

There are a number of very good reasons for such parental attitudes, most of which are still bound up with the old stork story. But before we approach that, let's see if your own attitude stacks up straight.

A good many of you already know the things that are about to happen during the teen ages. Many more of you don't. You all should know the changes your body undergoes and the new functions it acquires at puberty, before they take place. You need also to realize, before you're told of them, that these things are natural. They occur in every normal boy's and girl's life, and they occur for the specific purpose of fitting you for parenthood. There is nothing in them to fret or feel guilty about.

The tendency on most everyone's part is to become embarrassed or emotional when the subject of life and its continuance is broached. Or sometimes it's just that no-body in a family can relax enough to make with a beginning, so a simultaneous paralysis of speech sets in, rendering those present hopelessly tongue-tied. All this in turn

makes you bashful, unreceptive, even ashamed. You fold up like a clam; the air freezes over; and the subject goes begging, leaving both you and mother or dad unsatisfied. They realize sadly they have probably let you down, they worry some more lest you're still in a fog, as you are; and the only consolation is that at least the attempt was made.

You might have made things easier by listening attentively, instead of hanging your head or losing your voice. You could have chipped in with some chatter, making it a question and answer session to everyone's relief.

As it turns out, you're probably still curious; up a tree; disgusted. Maybe the thing has been on your mind a long time. You wanted to ask a flock of questions; but somehow you just couldn't begin. Or maybe you asked so many, mom retreated in despair. So now, you'll have to hop back to those books again, only they don't explain stuff satisfactorily enough either.

If any such problem exists in your house, you are the one who can smooth it out. Revamp your typing exercise and apply it: Now is the time for all good kids to come to the aid of their parents. If pop or mom becomes unduly speechless, that's the cue to assume a responsibility to them by helping them answer some questions. Ask them whatever you want to know exactly when you feel you should know it. An intelligently asked question can rarely go unanswered. It warrants attention by its thoughtful wording, and elicits a reply without effort. You've seen it work in school. Why should it fail at home?

In any event, DON'T listen on street corners or hold locker sessions, and then try to figure things out for yourself. You can't possibly fit all the bits of misinformation you'll hear into a working picture of how you got into the world. That is a family affair, and deserves to be maintained as such. Since dad and mother put you here, they are certainly the ones best qualified to tell you how they did the job. Maybe they'll be fresh out of explanatory words. In which case you can all head for the nearest library, your own biology textbook, or your family doctor; and acquire a first-rate education on a strictly private matter.

Maybe you think I'm pretty silly pleading with you to do this, just as I'm about to unfold a book on the subject? No matter how many books you plow through, there's nothing so reassuring or warming as a good, close talk with the folks themselves about the mystery called life. Books like this are merely starters to see you all off in the right direction.

Why should they be necessary? For the answer to that we have to go way back into dad's and mom's past.

They were raised under the guiding influence of parents and grandparents who were of another age than ours entirely. No matter whence they came, their worlds were vastly different in custom and conduct from the present day. Just how different is hard to appreciate We can only imagine. The movies have brought us only the glamor of grandma's rustling bustle and grandpa's jacquard vest and

dangling watch fob. The realities, hardships, and everyday drudgery they faced are all carefully omitted. No, grandma's seemingly romantic era was juggled relentlessly by fanatic Puritanism on the one side and prudish Victorianism on the other. Make with the dictionary for the exact meanings of those two isms, and you'll be a lot more lenient next time you start to yap.

Dad and mom hit the fringe of the transition from that old to our new school of thought and conduct. Their parents and grandparents staunchly maintained children were to be "seen and not heard." When suddenly those children reached the curiosity age of puberty, their normal questions were shushed, or put off with the fabled bird. For sex or anything pertaining to it was unmentionable.

When grandma's mother was adolescent, girls came to womanhood and suffered in silence with their own thoughts as to what had happened to them. Boys courted them without so much as a kiss before announcing their intent to marry. A broken engagement was rare and scandalous.

Both met marriage with only vague ideas as to what was in store physically or spiritually. And with such upbringing it's doubtful that the resultant false modesties and mutual embarrassments of husband and wife ever permitted them to express any views on the subject, even after years of married life. Their children were raised in the same patterns. Thus the mystery of sex and birth remained hush-hush throughout many generations.

All that isn't too surprising when you remember that everything about the human body in those days was covert. Countless petticoats, corsets, pantaloons, and various other shroudings hid the physical contour from sight. Even the glimpse of an ankle was cause for gossip. Consequently, humans hid from each other to dress, undress, and even think; so you can well imagine their states of mind and subsequent reactions.

Again, life itself moved much more slowly—which is hard to conceive in today's mad rush. There was really no time off from living to allot to one's personal self for private meanderings. Everyone was kept far too busy by the lack of modern improvements and conveniences just meeting each day's requirements.

Let's give a look at some of the contrasts a few short decades have already made in our lives. At the turn of the century, when "grandma" was a girl:

Old Dobbin might average a neat five miles per hour, as against dad's new Cad at eighty. . . .

Saturday night jam sessions were strictly ham from the family's own vocal cords with pop or mom beating a wheezy accompaniment on the old pianola. You flip a radio dial or drop a coin in the juke box—and it's all done for you.

A new dress was an event, enjoyed after months of waiting for material to arrive from the mail-order house and then painstakingly pinned and sewn on a foot-pumped machine. You hie to the nearest teen section of your de-

partment store and pick out a whole new outfit within an hour.

A bath was a once-a-week effort, taking place atop the kitchen table in the wooden washtub. First, you lugged the water from a cistern outdoors and heated it in pots and kettles on the wood stove which also doubled as furnace. Poor grandpa chopped the wood to stoke the fire which heated that water. You turn knobs on the shower to regulate water temperature daily, and it never even occurs to you to wonder where that water comes from or how it got hot.

Grandma did her homework in the shadows of a flickering candle or kerosene lamp, if she went to school at all, that is. You have a special desk lamp with just the right watt bulb to prevent eyestrain. Turn it out and light a candle sometime for comparison!

The church threw an annual strawberry festival, a New Year's watch, and a box supper, marking three gala social events a year. You go to movies a couple of times a week and attend parties at least once a month, with radio programs and comic strips thrown in for added daily amusement.

Had enough to get a rough picture of the differences in tempo of the background against which dad and mom grew up? Many of their "old-fashioned" ideas as you term them, are direct products of the influences of that past age.

But actually it's all relative. Dad and mother argued with their parents about "new" ideas, holding out with

their then radical theories, much the same as you do with them now. Your children and their children's children will grow up to differ in opinion about current trends and fancies too. For time necessarily brings change, and change imposes conflict between past and present, setting up a very normal human resistance toward giving up known quantities for unknowns.

In a recent interview Howard Chandler Christy, creator of the famous Christy Girl, sums up the perpetual parent-adolescent conflict: "We youngsters used to criticize our elders just as young people today find fault with us. It was not only their ideas that we criticized but also their clothes and their furniture. But some of that furniture we hated is bringing big prices today. And, by the way, the clothes worn by the girls I used to draw, and which our young people laughed at but a year or so ago, are back in fashion."

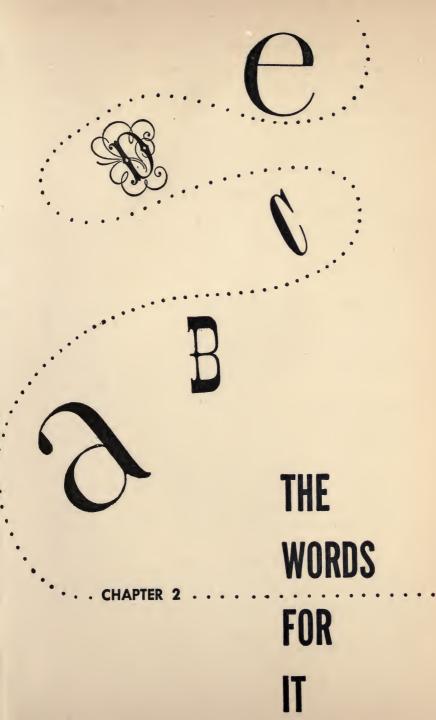
So just think all that over carefully for awhile, and then ask yourself if you aren't more patient with dad's and mom's pace in their views on your present conduct.

And remember too, it has taken the time of several generations and countless convenient inventions to do away with the petticoats of both mind and body. As they gradually diminished, folks began to permit themselves a stray thought or two about sex. But it wasn't talked about much, still isn't. For you see, it takes a lot longer to release the shackles that bind the mind than it does to shed those binding the body. But progress is finally showing.

Many of the old mental quirks remain, though everyone now openly and freely admits there is such a thing as sex; and also that there is nothing so mysterious about something that's been going on since the human race began. For life began with the whole idea that male and female shall reproduce their own kind.

There again, is your number one fact.

The rest we'll face in proper order; and you'll see that while your sex relations play an important role in your life, they are just another very normal, very ordinary function—like eating, sleeping, bathing, or going to school.





Life is so jam-packed with things that we'll just never get around to knowing everything about everything. However, since sex relations play a title role in everyone's existence, we should all be fully familiar with that role in order to be completely happy in life.

To be familiar, then, we must know and be at ease with the words—the right words and their correct meanings. For only then can we achieve a sensible understanding of how these words will later apply to our daily lives.

The word SEX itself carries a good many ambiguous connotations today. Actually it means fundamentally no more than the basic biological differences distinguishing male and female.

You'll often hear "sex act"—and that means the union of the male and female for the primary purpose of reproduction. Other words for this union are: intercourse (most

commonly used), coition or coitus, cohabitation and copulation.

Adolescence: the period of years between puberty and full maturity. The teen ages or growing-up years.

Puberty: the sexual coming of age. The period in a young person's life, usually around 12 to 13 in a girl, 14 to 15 in a boy, when he or she becomes physically capable of reproducing.

Pregnancy: the condition of the female who is carrying a child, sometimes called gestation. It is a nine-month period during which a baby develops in the mother's womb. This state is achieved through sexual intercourse, when the male or sperm cell meets and fertilizes the female ovum.

Insemination or fertilization: literally sowing seed. The impregnating of the female with the male sperm.

Impotency: occurring in the male only—denoting a temporary or even permanent inability or desire to have sexual intercourse. A physical injury, genital disease, paralysis or shock might render a man permanently impotent. While alcoholism, excessive mental stress, undue physical or emotional strain, or extreme heat (either climatic or bodily temperature) are frequent causes for temporary impotency.

Frigidity: corresponding to impotency in the male. This condition in young women is more often mental than

THE WORDS FOR IT

physical—caused by a misunderstanding or horror of sex relationship, fear of pregnancy, shock, or other mental aversions which cause a definite physical resistance to the male. Unlike in the impotent male, intercourse is still possible, but no desire, response or enjoyment is present.

Virginity: the state of a young girl or boy who has not had sexual relations. In girls it is sometimes denoted by the unbroken hymen or membrane which partially covers the vaginal entrance. Once that constituted virginal proof. Today, however, the hymen is often broken away, due to the strenuous sports activities engaged in by girls.

Fertility: the state of being fertile or able to reproduce, said of both male and female.

Sterility: the opposite state. A condition in either male or female wherein the sexual organs are barren of reproductive powers.

Sterilization: an operation on the reproductive organs, thereby rendering one unable to produce children. Such an operation is legally performed only when a person is deemed mentally, morally or physically unfit to bear offspring: or when childbirth would jeopardize a mother's life. Some state laws require sterilization of insane persons. Consumptives, tuberculosis incurables, and syphilities are sometimes sterilized as a safeguard to public health, as well as to prevent them from bringing unhealthy, maimed or subnormal babies into the world.

Navel: the indentation on your abdominal wall where the umbilical cord was attached. Severed and tied at birth, it leaves the spot you probably call your "belly button."

Hormones: the chemical secretions of the ductless or endocrine glands, so called because they pass directly into the blood stream. The hormones produce definite physiological reactions influencing the male- or femaleness of the individual.

Gonads: the male and female reproductive organs; the testicles and ovaries, respectively.

Orgasm: the climax or ultimate gratification in sexual intercourse. In men, it is the moment of seminal emission. In women, satisfaction is signified by the expansion and contraction of the vaginal walls.

Masturbation: the practice of sexual self-gratification. Almost all boys and a good percentage of girls go through a period of self-exploration in response to newly awakened sexual drives or urges. There is nothing really bad or "dirty" about this investigation of one's own person—it's a quite normal, healthy reaction to puberty. The real danger lies in the feeling of guilt its repeated performance arouses; for it is a misuse of vital drives and energies needed for growing up, and may lead to emotional maladjustment.

Adultery: the commission of the sex act between two per-

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sons either or both of whom are married to someone else. Unfaithfulness, unchastity.

Rape: the criminal act of forcing a female into sex relations against her will. Sexual attack or assault upon the female.

Venereal: pertaining to the sexual or reproductive organs.

Venereal diseases: communicable or social diseases: syphilis and gonorrhea, affecting the sex organs, and almost always contracted through sexual relationships. It is possible, though rarely probable, to acquire either through the mouth or an open sore, cut, or skin abrasion. Both are highly contagious. A mother infected with gonorrhea may give birth to a blind baby during delivery. Syphilis is congenital, meaning that it can be transferred by the mother to her unborn child and will appear in the infant either at birth or early in its childhood.

Homosexuality: the physiological, or sometimes psychological, state of a person who is attracted to or in love with a member of his or her own sex. Each of us possesses a store of both male and female hormones, the predominance of which determines and influences our sex. Should some glandular deficiency or disturbance exist or arise to cause an over-production of the male hormones in the female body, or vice versa, then we have this condition known as homosexuality, manifesting itself in a stimulation of that person's desires toward another of the same

sex. The term *homosexual* is generally applied to the male, who is also often crudely called a "fairy," "pansy," "queen," or "queer."

Lesbian: is the proper name for the homosexual female; and lesbianism refers specifically to any abnormal attachment or excessive affection between two women. The word is derived from the Greek island of Lesbos, where lived Sappho, outstanding lyric poetess of the ancient world.

The branch of medicine known as *Endocrinology*, which treats of the glands exclusively, is making rapid strides in effecting corrections for such conditions through hormone injections, thereby enabling homosexuals to resume more normal living patterns. Those adopting the attributes of homosexuality for purely emotional reasons or due to some psychological imbalance require the services of a psychiatrist or mental hygienist to set them straight again.

Bisexuals: those unfortunate few possessing both male and female sex organs, making them equally attracted to both sexes. A female bisexual, sometimes called an "hermaphrodite," can assume all the characteristics and actions of the male and at the same time retain her feminine appearance, with the same holding true of the male. He can marry and produce a family and still find himself strongly attracted to another man. These are the twists of nature. They occur but rarely in human beings as well as in plants and animals. They should neither alarm nor dis-

THE WORDS FOR IT

arm you, and you should never, never berate or deride such cases in any way.

Illegitimate: said of children born out of wedlock. A child born of an unwed mother is oft-times called a bastard. (See Chapter 11.)

Procurer: one who engages in the reprehensible practice of providing young victims for the sex pleasures of others at a given fee. A male procurer is colloquially called a "pimp"—the female, a "madam."

G. U.: meaning genito-urinary, or V. D. (venereal disease) is a doctor specializing in the treatment of venereal diseases or other ills of the genital and urinary tracts.

WORDS ABOUT GIRLS . . .

Here, chicks, is a list that you so secretly look up in dictionaries and encyclopedias when adults aren't looking! I suspect that a good many adults are just as guilty when nobody's looking—particularly when they're getting ready to tell you what it's all about. All this secret searching seems sort of silly, when these are just ordinary words like any others, concerning our daily lives. They've been in hiding too long. So let's get them out in the open; use them properly on the rare occasions necessary; master their meanings carefully; and for goodness' sake be able to meet them head-on without blushing, stammering, giggling, or running for shelter.

Vagina: the canal or passageway leading from the uterus to the outside of the body, located between the urinary duct and the anus (bowel passage). It's the channel by which a baby enters the world; and through which the menstrual flow is discharged.

Menstruation (from the Latin menses, meaning months): the periodic discharge of all female mammals, occurring in humans once a month. It indicates that all is well with the reproductive organs, and that an unfertilized ovum (female egg cell) followed by the protective, nourishing membrane built up for a possible baby is on its way out of the body.

Menopause: a state of the body shown by the cessation of menstruation, occurring generally as a woman nears forty or soon thereafter, signifying that the baby-producing days are over.

Uterus or womb: the pear-shaped organ of corresponding size in which a baby develops, housed in the abdominal or pelvic cavity of the body. See diagrams in the next chapter.

Ovaries: the two female genital organs or glands, about the size and shape of almonds, in which the egg cells (ova) are manufactured.

Ovulation: the period, about fifteen days preceding menstruation, during which a single egg cell, or ovum, is released from one or the other of the ovaries and descends to the uterus in the hope of being fertilized by a male cell. Ac-

THE WORDS FOR IT

cording to some authorities, it is believed that only one ovum is released from alternate ovaries each month, averaging a grand total of about 500 ova during the normal span of female life.

Cervix: the opening, or mouth, of the womb connecting it with the vagina.

Fallopian tubes: the twin ducts bridging the ovaries and the uterus through which the ova descend. See illustrations, next chapter.

The Breasts: are, of course, the mammary glands which supply the milk to feed newborn babies.

Clitoris: the erectile exterior organ, located near the entrance of the vagina. Highly sensitive, it resembles in miniature the structure of the male penis.

Fetus or embryo: the unborn child carried in the mother's womb. Medically termed an embryo during its first three months of development; a fetus the remaining six months of pregnancy. See diagrams of various stages of fetal development in the next chapter.

Endometrium: the soft, thick padding composed of rich, red bloodcells, which builds up in the lining of the uterus (womb) each month just after menstruation, to house and protect a possible fertilized egg which might grow into a baby.

Amnion: the air-tight sac which holds the water, or amni-

otic fluid, in which the developing embryo lives during the nine months of pregnancy.

Umbilical cord: the rope-like cable of vessels joining the unborn child to the mother. It functions as the lifeline till birth, carrying food, water, and oxygen to the embryo and taking away the waste materials.

Placenta: the spongy, pad-like point of juncture of the embryo-umbilical cord to the uterus of the mother. You might envision it as the commissary or food supply depot, set up within the mother from which the food, water, and oxygen are dispatched via the umbilical cord to the developing child. This becomes the "after birth" removed by the doctor after the baby is delivered.

Miscarriage: the failure to carry the fetus the full ninemonth term to normal birth; or the premature delivery of the fetus, occasioned by accident, poor health, fright, shock, or some other functional disturbance. A miscarriage may also be self-induced or artificially brought on by operation, in which case it is called an abortion.

Gynecologist: a specialist in female genital disorders and diseases. You'll go to him (or her) if you have real trouble menstruating, or for other organic disturbances. The word comes from the Greek gyne meaning woman or female.

Obstetrician: a doctor who specializes in delivering babies. He's the one who takes care of you during pregnancy too.

THE WORDS FOR IT

Pediatrician: the baby specialist who'll put junior on the proper formulas, prescribe for all his baby ailments, and chart his general health till he enters first grade. Then you'll go back to your regular family physician.

WORDS ABOUT BOYS . . .

Here, fellas, are yours, all in one section so you won't have to do any more surreptitious shelf-hopping from book to book and back for definite dope on the male physique.

You'll note that both you and the girls have corresponding genital (reproductive) organs and functions, although they're in reverse, with yours on the outside and the girls' located internally. The interlocking combination of the two maintains the unending cycle of human life.

Testicles: the two male glands in which the sperm cells and semen are manufactured. They correspond to the female ovaries, and hang between the legs in a sac-like pouch called the *scrotum*.

Penis: the muscular organ through which you urinate, and through which the sperm and semen from the testicles and prostate pass into the female during intercourse. It's the external counterpart of the vagina. (See drawings in the chapter for you.)

Genitals: The male reproductive system: testicles and penis.

Erection: the stiffening of the penis brought about consciously or unconsciously by a rush of blood to the spongy tissues composing it.

Semen: the whitish impregnating fluid containing the male sperm which fertilizes the female egg to produce new life. It's from the Latin word meaning seed.

Seminal emission: as the words imply, the ejection of the semen via the erect penis from the male. Sometimes called ejaculation. This quite often happens, automatically, just after puberty, during the night—and is referred to as a "wet dream" because it is most usually accompanied by a dream. Such emissions are merely nature's way of maintaining balance in the system; and whenever one occurs, it should occasion no alarm.

Prostate: the gland located at the base of the bladder which secretes a fluid that joins the semen, and is thought to provide for greater motility and protection of the sperm cells. It also helps to counteract and alkalize any acidity found in the vaginal secretions which might prove harmful to the sperm.

Vas deferens: the main duct or canal, centrally located in the pelvic cavity, connecting the penis and testicles, and through which the semen and sperm pass during an emission.

Epididymis: from the Greek epi meaning upon, and didy-

THE WORDS FOR IT

mos, meaning testicle. A group of coiled ducts leading from each testicle to the vas deferens.

Circumcision: the operation of removing the outer foreskin, or prepuce, which covers the penis. This is now required by some state medical boards as a safeguard to individual health and cleanliness; and is performed shortly after birth on male infants.

Castration: the removal of the male reproductive organs (testicles) which usually results in the loss of male characteristics, with a marked tendency toward obesity (fatness). It was once the common custom amongst Orientals to castrate all male slaves, thereby rendering their women safe from advances. Such emasculated slaves were known as eunuchs.

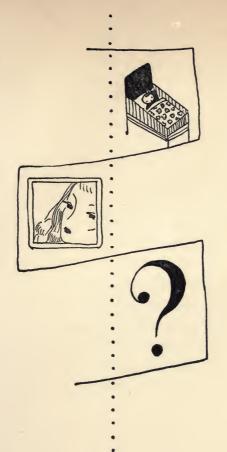
Virility: the state of masculinity or manliness, characterized by both great physical and sexual strength.

Climacteric: the male menopause usually occurring in the late fifties. The desires and ability for fatherhood diminish though probably never entirely cease as in the female; but the nervous and psychological reactions are noticeably similar in both sexes.

Prostitute: a girl or woman who engages in sexual intercourse for payment. Also called harlot, whore, or trollop. It's highly advisable to stay away from them at all times, for they are the most prominent source of social disease.

Now, armed with an adequate sex vocabulary, gather round and we'll put the words in their proper places in the following chapters, and see how they affect our lives. Naturally these are not all the words; but they are the ones most generally used and referred to. You'll run across others—crude ones on washroom walls, whispered or shouted by youngsters unaware of their meanings, which no printer prints and which aren't to be found in any dictionary. Nobody knows their origin; and their usage has never been sanctioned by society. So you'll do best to ignore them too, since using them somehow only brands you as smart-alecky and ill-bred.

Be good kids then, and stick to the accepted ones, huh?



WHAT LITTLE GIRLS

CHAPTER 3

ARE MADE FOR



The female of the species throughout all of nature is destined for motherhood. That's a trust placed in you to be rightly proud of. And somewhere, early in your teens, you'll begin an active preparation for this role. During this span, your body will change, inside and out; and so will your moods, till at times you can hardly recognize yourself.

First of all you'll notice a sensitivity around the breasts, as they begin to blossom and grow. And you'll find yourself looking forward to that first brassiere, which is always somehow quite an event. Be careful not to bump yourself, for a knock around the chest can retard or upset natural growth. Get plenty of good exercise to strengthen and develop the breast muscles right from the start—swimming is one of the best. Don't despair, or be alarmed or unhappy if you go about flat-bosomed longer than your best pal. Some girls are just slower than others in this re-

spect, and you can't rush nature. Each of us has her own natural pattern of development to follow.

Then your waistline will gallop about a lot. One day you'll find it where you want it; the next it's up or down or completely disappeared, and you'll look all in one piece. Cheer up! It'll get set where it belongs one day and stay put. Reason for all this seeming indecision is that numerous internal changes are taking place.

Next you'll begin to sprout the dark, wiry, pubic hairs. These grow quickly to thick, curly profusion between the legs. In the words of one medical authority, they are a "sex characteristic; like the feathers on a cock pheasant or the mane on a lion, they are so placed as to attract the opposite sex. In certain types of glandular disorders, hair is absent." You'll probably note, too, the appearance of a fine fuzz on legs, arms, and underarms, which thickens in time, and which you may wish to remove with razor or depilatory when you begin to date the boys.

Meantime while you're putting up with this, there'll be days when you'll hate everybody including yourself. There'll be times when you can't turn off the waterworks. You'll be so touchy you'll weep if anybody so much as looks in your direction, let alone dares to open his mouth.

There'll be hours on end, when you'll stare into space and just drift in a dream world. You'll drive mother and dad mad with your pouts and peeves and glooms. Why all this? Nobody knows. But everybody passes through it and somehow survives.

WHAT LITTLE GIRLS ARE MADE FOR

It's natural, though a nuisance. So spruce up! Hang onto your sense of humor. When the family rags you—and they will—don't fly off the handle, or drop into the doldrums, or go crouch on your couch. LAUGH. At them if necessary. Laughter's the best of all possible teen tonics . . . takes your mind off yourself; keeps the mouth corners up and the eyes twinkling. And more surprise, everybody laughs with you.

Right in the middle of all this unwanted confusion, comes menstruation.

The girls in your crowd may call it anything from the curse to falling off the roof; but its proper name is menstruation, taken from the Latin menses, meaning months.

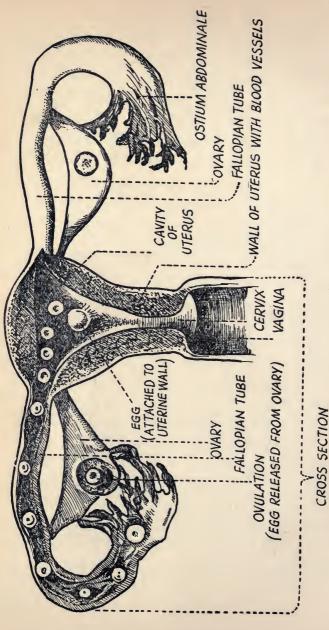
Just be sure to remember when it happens it's a normal, necessary function. It's supposed to happen. If it didn't, it would indicate that the female organs weren't in proper working order. So be glad, then, when it does. Nothing about it should make you feel alarmed or upset or "different" in any way.

Let's study the doctor's diagrams, and see what actually takes place when you menstruate each month.

Each month the hormones, those special chemical agents affecting the reproductive organs, go to work building up a soft, thick layer of tissue and rich, red blood vessels within the uterus, called the "endometrium." This layer or lining is to be used for the protection and nourishment of a possible baby.

At the same time, a single egg cell (ovum) is released

THE PROCESS OF OVULATION



ice each month an egg cell (or ovum

Once each month an egg cell (or ovum) leaves an ovary to be drawn through the Fallopian tube into the uterus. Should this cell be fertilized it attaches to the uterine wall to grow into a baby; otherwise it passes on out of the body, through the cervix and vagina and shortly thereafter menstruation occurs. (Ova are highly magnified to show the process.)

WHAT LITTLE GIRLS ARE MADE FOR

from one or the other ovary, and travels through its Fallopian tube to the uterus—a process known as ovulation, taking place about fifteen days before menstruation.

Now unless this egg cell happens to unite with a sperm (male cell) and conception takes place, it continues uninterrupted on through the uterus and out of the body.

So the endometrium, finding no fertilized egg attached to it, finally collapses with all its tiny webbing of blood vessels, and follows the course of the egg through the cervix, leaving the body by way of the vagina as the menstrual flow.

As soon as the flow is over each month, the uterine and ovarian hormones begin anew their work of preparing a fresh lining (endometrium) for the egg of the next period. Thus the entire cycle is repeated approximately every twenty-eight days, until one day an egg is fertilized and attaches itself to the endometrium to grow into a baby—which is another story that we'll take up in a coming chapter.

Those are the simple facts concerning menstruation. Now let's apply them individually. No two girls will be alike in their periods, just as no two people ever look or act exactly alike. You may start as early as eleven years of age or as late as seventeen or eighteen, though thirteen is most usual for girls in this country. Some authorities say that hotter climates bring it on earlier. In India for instance, children mature early and begin to menstruate at eight or nine years of age.

It may take six months or a year, sometimes even longer, before you are established on a regular schedule. You may skip a month or so, or you may menstruate irregularly every six weeks. Just don't worry. Eventually, you will settle down to a regular routine of anywhere from every twenty-eight to thirty-two days.

Your period may last from a day and a half only to a week or longer, though four to five days is considered most normal.

Even after you're on schedule, any number of little things can throw you off. A bad cold can delay you. Excitement, anger, too strenuous exercise may start you way ahead of time, just as radical changes in diet or climate, plane or train trips—any sort of stimulation—can influence your regularity.

The amount of flow depends on each person too. It will be heaviest your first and second days, so it's a good idea to tone down your activities accordingly.

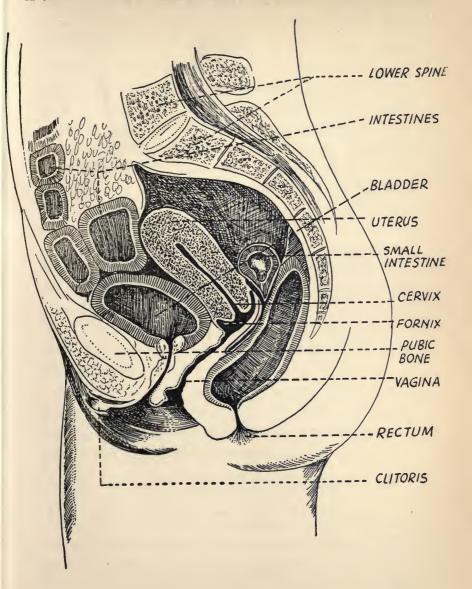
WHAT TO EXPECT BEFORE . . .

You may be one of the lucky chicks who sail through it all without any discomfort whatsoever; but chances are, you'll experience a few of the following in varying degrees:

A backache that is not really an ache as much as a heavy, beat-up feeling all across your lower back. It goes away.

Headaches aren't uncommon and they're usually accompanied by a dull, logy feeling. You'd like to just curl up

A SIDE VIEW OF THE FEMALE REPRODUCTIVE ORGANS





WHAT LITTLE GIRLS ARE MADE FOR

somewhere and sleep it off. Go ahead—it's the best thing for you. Try taking an aspirin too.

Cramps can be very severe without being serious, but mostly they're just painful enough to be annoying. Don't be dramatic about it. Cramps are tough—but so what? Take a hot water bottle and all three of you lie down. Hot tea and some aspirin help a lot. So does ginger or essence of peppermint added to a cup of plain hot water.

However, if the cramps are really bad, check with the doctor right away. There may be some obstruction that only he can remedy.

No doubt, you'll feel puffed around the middle a few days before, and your breasts will become extra bosomy and even a trifle sore. That's all normal too—and goes away fast.

You'll be blue and gloomy most likely. You may even weep or stew around about nothings. Go ahead, it's all a prelude to your period.

And a pimple or two is bound to pop up. Don't pick it. Wash your face often with soap and water, and then apply a little camphor, spirits of nitre, peroxide, or any other mildly astringent antiseptic.

CAUTION: SEE YOUR DOCTOR!

Could be, you're one of the unfortunate few who are out of kilter or haven't developed quite normally inside. If you find yourself in the following category, tell mother

quick, and then both of you hie to the family doc. After the first six months or so of menstruation, if any of these things still happen, don't wait . . .

- 1—If you're completely irregular—which means you're either very late or much too early. . . . Two weeks or more each way would be.
- 2—If violent cramps, backaches, and headaches persist.

 This means the really severe ones that aspirins and hot water bottles won't relieve. . . .
- 3—If your period is too long, and anything over seven or eight days would be. . . .
- 4—If you have too hard a flow or hemorrhaging of any sort. . . .
- 5—If you notice any discharge between periods. . . . By this we don't mean leukorrhea, which is a whitish vaginal discharge usually caused by over-activity, and can be disregarded much as you would a running nose when no cold is present. If it's copious, of course, there may be something amiss.

Don't for goodness' sake be afraid or ashamed or reticent about any of these symptoms. Tell mother immediately; and when you see the doctor, don't hold out on him. The more you tell him, the better he'll be able to help you. It may be something very minor, which if neglected could

WHAT LITTLE GIRLS ARE MADE FOR

cause serious damage in later years, and perhaps even rob you of motherhood.

On the other hand—don't be a sissy or sourpuss. Don't molly-coddle yourself and expect sympathy. And don't deny yourself regular everyday sports and activities. Some exercise is good for you, keeps the circulation circulating, and helps avoid the congestions causing cramps. But too violent exercises only increase and prolong your flow; so don't schedule any strenuous basketball or tennis workouts. Take it easy on the jitterbugging, bicycling, iceskating and horseback riding. It's just as simple to substitute a picnic, movies, cards or other games when you know you're about due. Keep a calendar and chart your dates accordingly. Also order a hot chocolate instead of that coke or cold malted.

Exert some common sense, and you won't have to stay out of gym or miss a prom; because you can always sit out the tumbling-session or a fast lindy without missing any of the fun. Go swimming too, if you like. Just stay out of pools in consideration of others. Get a little more sun on these days. Go in the water, but don't stay in long enough to become chilled; and skip racing Joe to the raft. He'll understand. The more matter-of-fact about this whole business you are, the better the boys will like you; for they aren't nearly as perplexed or horrified about menstruation as you are probably supposing.

You can bathe just as often too, in fact even more often, than you usually do. A good scrub in a warm tub followed

by a brisk rub aids the circulation, besides keeping you clean and dainty. However, don't duck under an icy shower or plunge into a parboiling bath, and expect no ill effects. Too hot water increases your flow—too cold may stop you altogether.

Shampoos are okay too. Just be sure to dry your head quickly afterward and avoid the drafts, and of course don't go out with a wet head.

Get a little more sleep than usual—and drink lots of water. Keep your mind off yourself, and you'll stay happy and off the shelf. After all, this is something that goes on throughout the major portion of your life, so you might as well accept it sensibly from the start.

One last word: pick the brand of sanitary napkin that's most comfortably suited to you. Naturally you'll change as often as possible during school hours and throughout the day. Use a cologne, deodorant powder, or paste on them for added protection against offensive odors. And be ever so sure your hands are clean to avoid any possible infection. If you think the newer tampons are for you, then please see mom and the doc about them before you go ahead and try to use them.

So that's all there is to it. Just remember to guard the disposition. Be your same, sweet, likable self *every* day of the month—with absolutely no time off for "conditions."



LITTLE

BOYS

ARE MADE FOR



Settle down, Joes, this is for you.

They say it's a "man's world"; and so it is, once you get there. But the getting there is rough, and boys DO seem to have a tougher time arriving than girls. Mainly, I think, because the physical changes aren't as apparent until they actually happen. Consequently, they don't provoke the conversation and need for explanation that accompany the externally visible changes in girls.

Anywhere from about fourteen to fifteen years or later, boys begin to mature sexually in preparation for the future role of man and father. Just as the girls do, you'll have your moods and moments of not liking yourself or anybody, of giggles and hysteria, of being misunderstood and wanting to run away. Be assured right now—all that passes in due time.

Look around you. Bill, your best pal, has suddenly be-

come head and shoulders taller than you, causing a very sensitive rift in your mutual relations. Johnny, your next best, has gotten almost as wide as he is tall, which makes him shy away from everyone and wince at wisecracks. While you still look and feel like a shrimp; or maybe it's vice versa. But anyway, everybody you know is changing. So cheer up, you're all in the same boat together and you'll soon come ashore.

This is just nature at work, with the endocrine glands geared to peak production in making you over into a man. Before they all level off to even tempo, you won't know just what to expect next. Since no two of us are exactly alike, it is therefore reasonable to assume that our growth patterns will differ just as radically in arriving at the goal of manhood. So get a kick out of it, instead of that inferiority complex!

If your ears suddenly make you resemble a loving cup, you can be sure the pituitary gland worked overtime, but in a short while the others will catch up, and your physiognomy will re-establish its balance again.

Let's look seriously now at all the changes taking place within your body in the various orders of their importance.

You'll awaken one fine morning to find a soft, curly growth of pubic hair decorating your chest, underarms, groins, and if your family is inclined to hirsuteness, even the loins, legs, and arms. Soon thereafter, the fine downy fuzz, which later produces that "five o'clock shadow," will begin to beard your face; and dad's razor will be subject

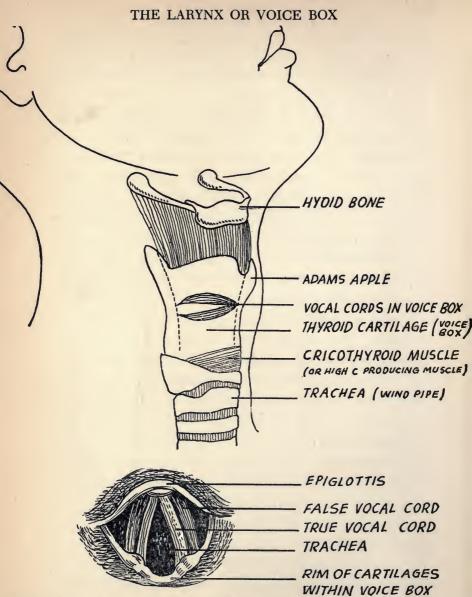
WHAT LITTLE BOYS ARE MADE FOR

to sneak attacks. You may resent, but you'll secretly enjoy, the jokes hurled at you; for the advent of owning your own shaving gear is a cherished milestone in the memory of every boy and his parents.

Next your voice will start slipping and sliding up and down, scaling the octaves like a trombone player's practice session. It can't be helped. Control of pitch comes only with full growth of the larynx. That's the wedge-shaped box perched atop the windpipe (trachea) containing the taut vocal cords which are strung across the thyroid cartilage, better known as your "Adam's Apple."

As the larynx grows in size along with the rest of your body, the vocal cords lengthen and strengthen; and in the process you lose all control, which causes the gamut of sounds, from deep bass booms to shrill soprano screeches, to come out in spite of your feelings. Little by little, everything gets organized, and whatever pitch your voice is to be, it stays put. The larger the larynx, the deeper the voice. Although we know it to be the handiwork of the thymus gland, there is as yet no known way of controlling the larynx's growth and stopping it at your choice of voice. Deep breathing and glee club practice help you keep your mind off it, and the exercise derived through both develops the voice considerably.

Meantime other hormones operating within the male gonads (testicles) are extra active, awakening the sperm cells to life, and manufacturing their surrounding semen which renders you capable of fatherhood. Unlike the



The vibration of the cords produces the various voice sounds. Until they reach ull growth, you'll be apt to screech when you mean to growl, and vice versa.

WHAT LITTLE BOYS ARE MADE FOR

limited supply of female ova, the sperm cells abound by the millions in each drop of semen in which they live. Although microscopic in size (a mere 500th of an inch in length), they are extremely active, kept constantly in motion by long, lashing tails which propel them at a great rate of speed.

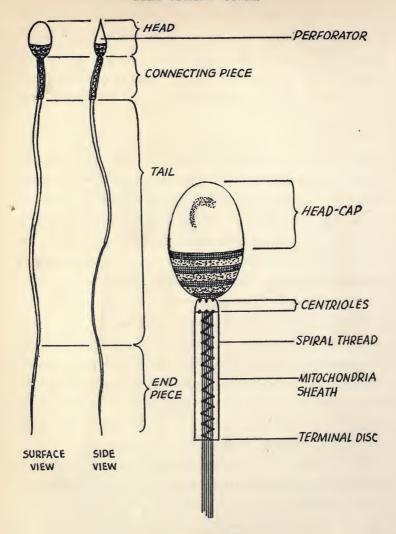
The profuse supply of male life cells is another of nature's assurances that at least one of them will fulfill its destiny in union with a female egg to produce a baby. When we understand that a single sperm cell lives no more than a fraction of a second, unless it is maintained at a specific temperature throughout its journey to join the female cell, and that it must meet with ideal conditions in the female for fertilization, then the vast numbers produced don't seem so overabundant.

As it is produced, the sperm-laden semen flows from the testicles, through small exit ducts composed of numerous coiled cells called the epididymis, into the vas deferens (the main canal) located in the pelvic region between the groins. Here it is joined by other secretions from the prostate gland. And here it waits till the penis is ready and able to eject it from the body.

The building up or manufacture of sperm and semen is an unending process from puberty to the male menopause (climacteric) somewhere along in the fifties or early sixties. Male virility lessens after the climacteric, though sexual desires and activity never entirely cease.

As it collects in the vas deferens, from time to time, the

THE SPERM CELL



MAGNIFIED VIEW

Living by the thousands in each drop of semen, the sperm cells are highly mobile, kept constantly in motion by their long, lashing tails.

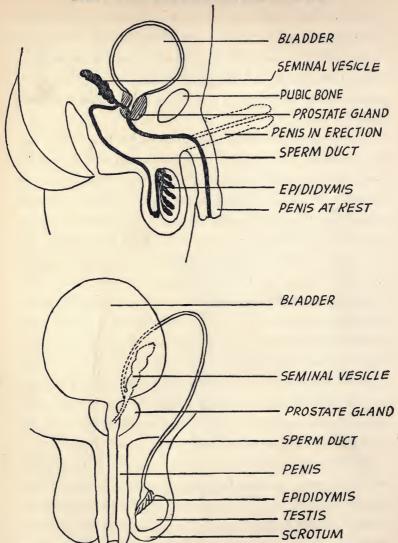
WHAT LITTLE BOYS ARE MADE FOR

semen exerts a pressure and must be thrown off at regular intervals either voluntarily or unconsciously by nature herself. This process of seminal emission corresponds to that of ovulation and menstruation in the female; and is nature's way of relieving sexual tension in the bodies of both.

Thus, sometime soon after you note the first pubic hair growths, you'll probably be awakened in the night by your first seminal emission. While it's surprising in its newness, it should cause you no alarm. Nature is merely taking care of you. Pressure from the collection of sperm and semen gathered in the central canal has notified the body that relief is urgent; so while you sleep, that relief is effected. The penis becomes erect, and the fluid is discharged, leaving only a small, damp, whitish spot on the bedding or your clothing. The experience may not even awaken you, or it may be accompanied by a dream-hence the common expression "wet dream." In such a dream you're probably the hero abducting the heroine in that movie you just saw, or maybe you're talking to that pretty little blonde, recently moved next door. Just don't let this very natural happening disturb your peace of mind.

If, however, nocturnal emissions occur too frequently, something may be berserk in your system. Consult dad and go see the doc about it. But first do a little personal research. It just may be that your bedding is too heavy or your sleeping garments too tight, which you can adjust for yourself.

THE MALE REPRODUCTIVE SYSTEM



The semen, manufactured in the testes, passes through the mass of coiled cells (epididymis) into the sperm duct, to collect in the seminal vesicle. Here it waits until the erect penis can eject it from the body.

WHAT LITTLE BOYS ARE MADE FOR

Along about now and perhaps throughout adolescence, another source of almost constant embarrassment to you will be daytime erections which may or may not culminate in emissions. But they will come about voluntarily or for no obviously apparent reason. They could be a direct or indirect result of too much woolgathering, too many love stories, romantic movies, overexcitement, physical contacts while swimming or dancing . . . or just any number of things that prompts your mind to concentrate on yourself or sex. You needn't be shy or embarrassed or guilty about these erections, because nine times out of ten, they go unnoticed by those around you. You can help avoid them, however, by keeping busy with sports, studies, or "the gang."

After the eventful first emission, you'll more than likely be quite curious about yourself, and want to compare notes, literally and figuratively, with the other boys. It's a natural enough feeling.

In your new awareness to life, you'll observe more in school locker rooms and showers. And the differences you'll see are vast and varied. Some boys will have more hair growth than others; some larger testicles; some only one; some, though rarely, none at all. The gonads, as you've already noted, hang in a pouchy sac (the scrotum), one slightly above the other for your comfort and convenience, as well as for their protection against chafing and bruising. In winter they'll draw up nearer the body for extra warmth; in summer, they relax and hang lower. And

for both winter and summer sports your coach will most likely tell you to wear a support or jock strap to avoid any possible injury or strain.

The boy with only one testicle may look and feel lopsided, but there is absolutely nothing wrong with him. Normally, just before birth the testicles descend from the inguinal canals in the groins to their usual place outside the body. This is another of nature's ingenious engineering feats, for were the sperm cells to remain inside the body, the intense internal heat would impair their productivity—just as any extreme heat (climatic or body) can lessen their fertility. Quite often, however, one testicle remains inside; and sometimes both will remain undescended, requiring surgery, endocrinology, or glandular therapy to be freed. In neither case is the boy's potency or virility disturbed, but either case may be cause for sterility. (See your vocabulary.)

Along with this sort of looking and comparing notes, you'll also do some listening; and what you hear won't always be sound. Check on some of those tall tales before you believe them. Go ask dad, doc, a teacher, your pastor or priest, or any older person you have faith in, if something you hear really troubles you. They know and they care about your welfare. They can set you straight where a book might not because it can't talk back to you.

Suppose you are tempted to masturbate. You're often just as tempted to poke Junior Jones in the eye; but you control yourself, at no great cost to your pride. Sex and

WHAT LITTLE BOYS ARE MADE FOR

temper are pretty much the same in this respect—they both need to be kept under control. For in comparison to the good and worthy things in life, neither excessive masturbation nor temper is profitable to your well-being. In a forthcoming chapter, we discuss the problem of habitual masturbation and analyze its effects on the boys and girls who indulge.

A lot of you have the idea that you must have at least one sex experience in order to prove your new manhood. That's like saying you've got to stick your hand into the fire to prove that it's hot. Obviously, neither act is necessary.

And I want to squelch two more erroneous ideas that have traveled teenage grapevines for decades—both of which through their own contradiction are equally foolish. One: that it is healthy for boys to exercise their sex organs through masturbation or intercourse. Two: that habitual masturbation leads to insanity, blindness, or other similarly frightening fates. Your own common sense will tell you to chuck both rumors as nonsense.

However, masturbation continually practiced may lead to future emotional maladjustments by developing an unhealthy sense of guilt. While covert sex engagements with older girls and prostitutes usually contribute only grief in the long run.

Since we all want the most from life, it's safer to abide by its rules if we expect to reap the full rewards. Nature takes good care of youthful urges and needs. The big job

for you to learn is control of the mental, physical, and emotional reactions to the point where you're wellbalanced and not lopsided.

Try to look ahead of your immediate desires—they're biologic urges born of confused, youthful fancies and immaturity. And small wonder you feel confused . . .

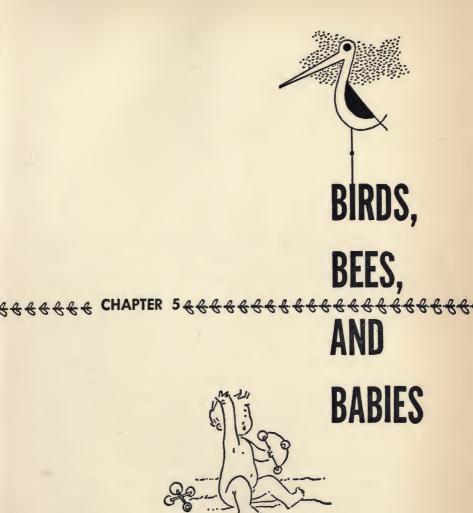
Now that you're almost adult, you'll discover in a hurry that doing what comes naturally is reserved only for the children! Your actions and reactions, heretofore governed largely by the simple, easy laws of nature, will henceforth fall under the man-made rules of our present civilization. The cultural influences prevailing in our times: the radio, Hollywood, high-powered advertising, contemporary literature, even your schooling—will all begin to exert their, as yet unknown to you, pressures to which you must adjust. These are the social and economic handicaps and conditions handed to each succeeding generation by which it tests its new mental and physical strengths. Once you understand the advantages of the grownup social structure, the less likely you'll be to rebel at all the seeming restrictions.

But with the advantages of maturity, the rewards remain as nature intended. You've been given a trust fund of happiness for life in your children-to-come. You can't afford to squander any of that wealth now. Keep active in sports, stay social with the family, mingle with the crowd—anything to make you a well-rounded human being and to keep you from brooding constantly about yourself until

WHAT LITTLE BOYS ARE MADE FOR

you're ready and willing to raise a family. Then you'll pick the right girl at the right time under the right circumstances; marry her and establish your home. Which is one of the best of all reasons for being on earth.







Here comes "The birds, the bees, and the flowers"—that reliable old cliché that many a parent falls back upon to get across the facts of life! A better builder-up couldn't be found, but as a substitute for factual information on the most important subject in your life right now, birds, bees, and flowers won't suffice.

Since we're not striving to be different, we'll borrow the phrase again, but simply to illustrate that throughout all of nature, it takes the union of male and female to reproduce another . . . probably the only case on record where one and one equal three.

All plant-life, trees, and flowers require cross-pollination (a carrying of the male elements to the female) executed by the wind, bees, and other insects, or helped by man, for perpetuity. Insects and most aquatic life require fertilization of their eggs by the male after the female has laid

them, while birds and fowl are inseminated by the male before the female lays her eggs. All these lower forms of life multiply rapidly and in profusion, for they exist by nature's law of survival of the fittest.

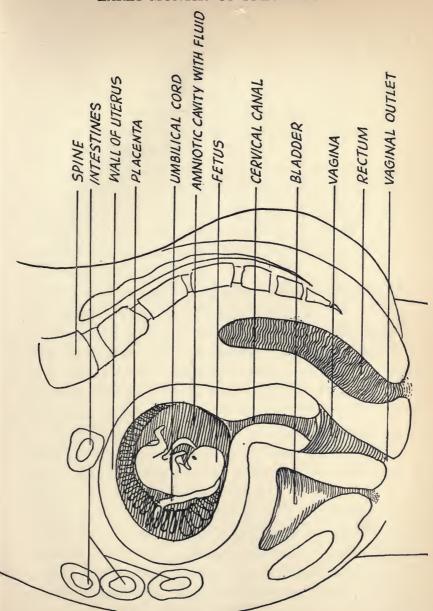
But for the mammals, whose highest form is the human being, nature has taken greater precaution against loss or impairment of the young. So in all mammals, the female egg is fertilized and the embryo carried within the body until it is strong and sturdy enough to enter the world.

In animals, the term for procreation is called breeding or mating; in humans, intercourse. Thanks to modern science "artificial insemination" is now also possible—desirable to many married couples when the husband is sterile. To animals, mating is instinctive, taking place at specific times when the female is "in heat" (corresponding to the menstrual period in the human female), and her body is prepared and ready for conception. To humans, mating is or should be voluntary. And because such is the case, nature has had to pit wits against man's intelligence and his economic resistance to bearing and raising children. She has, therefore, made the human mating process pleasurable to assure its repetition and thereby gain her own posterity.

For animal and human the process of fertilization of the egg and birth is the same, with only the time elements differing.

In each, a short period of getting ready precedes the actual union. Animals will sniff and cavort and even fight

EARLY MONTHS OF PREGNANCY



The fetus floats comfortably in its water-sac (the amnion) attached to the mother by the umbilical cord. Food, water, and oxygen pass from the placenta through the cord to the fetus; and waste matters are given off in return, to be disposed of in the mother's body.



each other. You've probably all seen cats and dogs about to mate. Humans will kiss and caress, lying comfortably in each other's arms. This gives nature time to prepare both mates, so that the female organs will be ready to receive and house the sperm, and the male will be able to eject the life-giving cells.

Once all is in readiness, the erect penis enters well into the vaginal tract of the female. Shortly thereafter ejaculation (orgasm) takes place, during which the sperm-bearing semen is ejected against the cervix to pass into the uterus and on into the tubes where it may meet the female egg cell and conception will follow.

That is the simple, universal process for all human and animal kind in the begetting of offspring.

Sometimes the egg cells fail to unite, hence the necessity on nature's part for repetition. Sometimes they do, but the baby cannot for various physical reasons be carried the full term to birth. Such a failure to reproduce is called a miscarriage.

We're concerned now about what takes place when the cells do succeed in uniting; and because we're more interested in ourselves than the birds and bees, we'll confine the rest of this to human babies.

The fertilized mother-father egg attaches itself to the womb-lining (endometrium) which builds up new and fresh for just that purpose prior to menstruation each month. The cervix (opening between uterus and vagina) contracts to form an airtight envelope for the newly im-

planted embryo. A second sac wraps about it, which fills with the waters in which it will float, safe from jars and jolts encountered by its mother, till birth. This water-sac, called the amnion, comprises the bulk of the weight a mother gains during pregnancy.

With the sealing of the cervix, thus guarding the entrance to the uterus, menstruation usually ceases, although there may be a slight discharge during the first and even second months.

For the next three to four months the entire female body undergoes radical chemical changes, as all action is centered on nourishing and building the new life growing within it. This period is frequently accompanied by nausea, dizziness, headaches, backaches, and mental adjustments; all of which can cause a young mother, and father too, much discomfort, but does not disturb the developing babe one bit.

At first the embryo is just a microscopic mass of cells and blood vessels clustered in an intricately minute ball which increases slowly in size as oxygen expands it, so that the actual organic formations of heart, lungs, and stomach can take place. The stomach, mouth, alimentary tract, and digestive apparatus come first, rapidly followed by the formation of a heart, circulatory and nervous systems . . . for food, water, and air are the prime requisites of life in all forms. By the end of the sixth week, the embryo will have developed arm and leg buds, and being an aquatic dweller (remember it's enclosed in a sac of water)

BIRDS, BEES AND BABIES

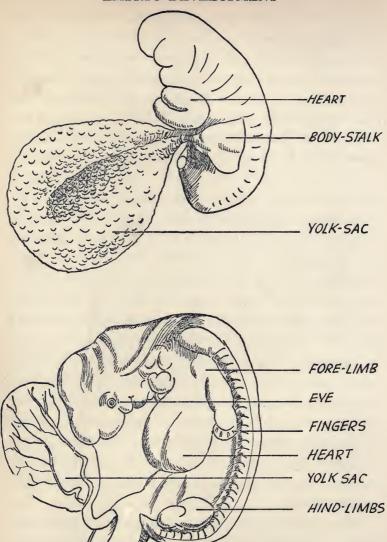
it has a tail! At the beginning of its third month, the fetus will look more like a human being, having acquired a flexible, bony framework interwoven with muscular fibers that pull it into a definite shape. Lastly comes the outer skin, nail, hair, and teeth formations. Its over-sized head soon topples onto its "pot belly" where it rests until the baby is born. Take a look at the various stages of development during its nine-month incubation, on the next page.

By the end of the fourth month or early in the fifth, the fetus awakens and stirs into life. This "quickening" is no more than a slight quiver at first, but develops into full-fledged kicks as it moves about to strengthen its newfound muscles. While somewhat disturbing to carry, the gymnastic babe is fascinating to watch. You can actually see it move; tap it and see it jump; quiet its antics with pats. You really get to know it before it's born. It's all pretty wonderful and amazing, isn't it???

Beyond the fifth month till the ninth when it's due to arrive—unless, of course, it's premature—the baby grows larger and stronger. And the mother will expand more and more. Although the average newborn infant usually weighs only six to eight pounds, the mother will put on anywhere from twenty to forty pounds carrying it. This weight, as we mentioned earlier, is mostly the water in which it floats.

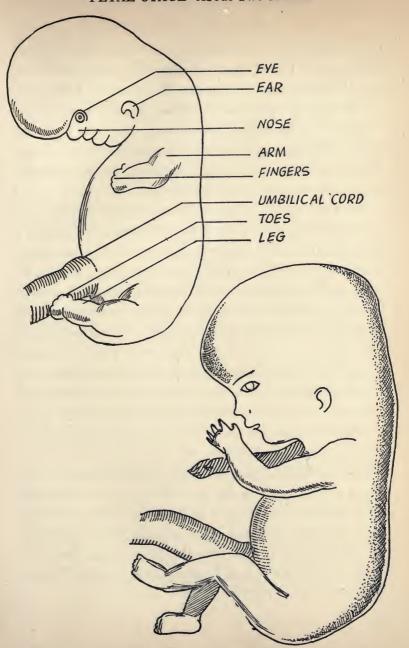
When its time is up and it is ready to be born, the baby makes a complete turn within the womb, and points its head toward the mouth of the uterus which opens into

EMBRYO DEVELOPMENT



The amnion is cut away to show growth during the second to sixth week. The embryo is mostly heart and yolk-sac, containing fatty substances which it gradually absorbs as nourishment. From the fifth to sixth week there is a semblance of a head, arm and leg buds, eyes and ears; diminished yolk-sac, with heart still most prominent.

FETAL STAGE-About Two Months



The human form becomes established. The face begins to develop on its large head; eyelids, nose, lips, outer ears, and cheeks form, with evidence of a neck which will gradually lift the head.

the vaginal canal. The water sac in which it has floated nine months bursts, and the downward surge rushes it into the passageway, lubricating it for its exit as it goes. Thereafter, the powerful muscular expansions and contractions of the vaginal walls push it on out into the world. This process, known as "labor," can take from an hour to a full day or more, depending on the physical structure and condition of the mother.

Years of medical research have brought forth modern maternity hospitals, new delivery methods, specialized prenatal care, and pain-relieving drugs—reducing the oncedread dangers of child-bearing to a minimum, as well as eliminating the fears of motherhood which were so prevalent in "grandma's" day. Today's mother can look forward to having her baby in almost complete mental and physical comfort. "Labor pains," similar to your menstrual cramps, though much more intense, usually presage the event, coming at regular intervals many hours ahead and increasing in speed and severity just before birth. These your obstetrician can quiet with his choice of the many new drugs now available.

Once the baby comes in contact with the new world, it utters a gasping cry as the air is forced into its lungs and they adjust to the pressure of its strange, new surroundings. The umbilical cord which attaches it to its mother is quickly severed and tied by the doctor; and there you are . . . another human being who looks "just like his father."

BIRDS, BEES AND BABIES

But wait a minute-suppose, you say, it's twins? Could be. I always remember the story my doctor tells on himself, with relish, when that question arises. Very early, he explained to his own small fry all the facts of life without benefit of the stork. Junior accepted the story as gospel, and was well satisfied until the day he visited one of his father's patients and a close family friend, shortly after her twins arrived. This being his first actual contact with newborn babies and first impressions being what they are, he just couldn't make his father's careful explanation of birth fit the situation. In his small groping mind, dad became a sort of Baron Munchausen who told tall tales to small boys. A baby his father had said, and here were two. Weeks afterwards, when the shock and disbelief subsided, the tale was retold with necessary ramifications to include twins, triplets, or even more.

So—twins are no novelty. They are thought by many to be hereditary on the mother's side of the family, and to occur most prevalently every other generation. Science has as yet no explanation for the mystery as to why twins run in some families and not in others. But we all know what takes place in the reproduction of twins and multiple births.

There are two kinds of twins: identical and fraternal—sometimes called common or unlike twins. Identical twins are always of the same sex—both boys or both girls, and are usually exact duplicates of one another. They grew from the same ovum or egg cell, fertilized by one sperm

cell. You're all familiar with the cellular division of the amoeba and other simple life forms from your biology classes. Well, in much the same way this human egg cell grew, doubling in size, and then strangely divided into two separate and distinct embryos—instead of just continuing its usual cell division to make the one baby. Thus we see readily why identical twins are called identical, and are so much alike in looks, thoughts, and action; and are almost always devoted and inseparable. They were one life at the start.

In the case of Siamese twins, the single fertilized egg cell began its regular process of division, became two embryos instead, but failed to separate completely, remaining joined forever by a slight cartilaginous bridge at some point on the body—back, side, or even front. The original Siamese twins, from whence the name derived, were Chinese males born in Siam. They were joined by a fleshy band connecting their navels; and they lived to be 63 years old. Unfortunately such babies cannot be cut apart. If one dies the other must follow soon after, for they share the same nervous systems.

Fraternal twins, however, may be of either or the same sex, as alike as identical twins or unlike as night and day. For they are the result of the fertilization of two individual egg cells by two individual sperm cells. Contrary to the generally accepted belief that only one ovum descends from an ovary at a time, in the case of twins two have appeared and are fertilized, two amnions form, two

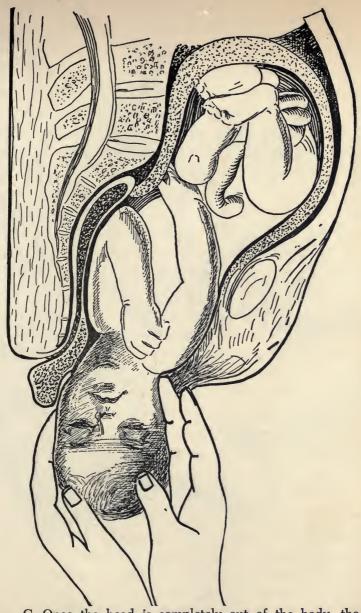
THE BABY IS BORN



A-Note how the water-sac distends toward the cervix when the baby is due to arrive.



B-When the water-sac bursts, the downward rush of waters helps force the head into the birth canal (vaginal track).



C-Once the head is completely out of the body, the doctor manipulates the rest of the baby out into the world.



D-Here he is! After his first cry, the umbilical cord still attached to the mother is quickly cut and tied. His abdomen is then tightly bound, and within a few days the stump of the cord drops off, leaving its trace in the "belly button."

placentas are established to house and nourish each, and the two embryos grow side by side as two entirely separate entities. The same process applies to all multiple births—triplets, quads, quintuplets. Three, four, five, or possibly even more ova descend into the tubes at once, are inseminated by the same number of sperm cells. Each one attaches itself to the endometrium and the miracle of gestation continues individually for all.

However, except for twins which are quite common, three or more babies are usually born prematurely and do not all survive. It is easy to imagine the difficulty one mother would have providing adequate building materials and growing room in equal measure to so many at once. So usually only the fittest survive, though science now gives them all a more than equal chance.

Miscarriages and premature births are generally the exceptions rather than nature's rule. The first term is used in reference to failure to carry the embryo beyond the first four months of conception. Such failure may be caused by a physical weakness on the mother's part, a severe shock, accident, disease, or general run-down condition, which when corrected need not hinder other future deliveries.

The premature birth, anywhere from the fifth to ninth month, may occur for any of the above or more reasons: the egg cell may have been imperfectly fertilized, giving the baby a bad general start; it may not have securely attached itself to the uterine walls and been pulled loose of itself or through a fall by the mother, or some other such

accident. Whatever the reason, the fetus under seven months has little chance to live. While he resembles a real baby, his heart, lungs, and other vital organs are not yet strong enough to survive the radical changes he encounters in the outside world. Beyond that time, he might, indeed he most often does, live and flourish like any other normally born child. For motherly incubators now provide comparable body heat and moisture, while science has developed frequent feeding methods simulating that of the mother's own body, thus giving the prematurely born baby or babies every opportunity. We hear more and more of multiple births these days than medical history has heretofore recorded, but perhaps we ought to credit that more to the fact that news travels much faster, and modern science kept thus alerted, is more and better equipped to keep such babies alive.

Caesarian births, so-called because Julius Caesar was supposedly brought into the world that way, require surgery, removing the baby through the abdominal walls. Sometimes the pelvic bone structure is too small to permit the normal passage of the baby through the vaginal canal. Or perhaps the mother's strength is too spent to undergo actual birth, or she may have contracted a disease or encountered an accident. The marvel of modern surgery makes it possible to deliver babies posthumously (after death of the mother) by Caesarian operation. Most Caesarian babies are perfectly normal, live and grow the same as any newborn infant.

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So if and when you have your baby, there's practically nothing left to worry about or fear, except your own mental outlook—which can't help but be bright, happy, and expectant, because wonder of it all, one and one are making three.





CHAPTER 6

SEX CONSCIOUS

· AND · · · · · · SELF

CONSCIOUS



Gather 'round and give me both your ears. While we've established the physical facts of sex pretty thoroughly, the far more important emotional aspects of growing up are confronting us, with the involvement of your feelings, desires, and impulses.

If you've faced all the physical facts without mental qualms or aversions, then the emotional realities usually resolve themselves, leaving you free to go ahead and just grow like Topsy, which is as it should be.

But a lot of us girls and boys are a little shocked about the whole business and refuse to accept things as they are. To some, physical maturity is an outrage, an injustice; it's revolting and degrading. Well, so it is, if you insist on thinking that way. But while you're knocking yourself out opposing it all, nature goes right ahead perpetrating her plans for you in the natural scheme of things. The sooner,

therefore, you get over such foolish grudges, the easier it'll be for you. Then presto, when all the personal effrontery you think you're suffering wears off, you'll begin to marvel right along with the rest of us, over the perfectly wonderful job nature did on you and for you. She endowed you with the right—and privilege—to witness, harness, and duplicate all her handiwork. So unravel and say "thanks" pretty quick. For the person, grownup or child alike, who possesses a humble gratitude for the life he's been given, is the happiest of mortals.

So if you don't resent sex and can accept being what you are, male or female, for what you are destined, then you're headed in the right direction. But right off the bat, you'll be confronted with one of life's biggest jobs—RE-SPONSIBILITY beyond yourself. For growing up is largely composed of fulfilling obligations toward others for the privilege of living in society. And as you go along in this society, you'll meet all kinds of people. Some will appear "different" than you think they should be. And some may actually be not quite normal. For sex and self pose many problems at puberty, which are often left unsolved throughout a lifetime because of misunderstanding. You'll recognize most of the following problems, and we'll try to see how you can render real help toward their solution.

In every school or group of young people, there are several boys and girls who don't understand what is happening to them or why. They sense and feel the power and

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importance of the physical changes overtaking them, and drift along on this surge of new life. The girls flaunt their newly acquired sex, the boys dwell on thoughts of it. Both are headed for trouble unless they are set straight.

You can spot them always. She exaggerates the really beautiful figure and features nature gave her. She wears all the tightest-fitting clothes; sweaters over pronounced brassieres; the sheerest stockings; the most makeup; the spangliest, bangliest jewelry; the longest, reddest fingernails. She'll reek of cheap perfume, and smell of cigarettes and sometimes even liquor. She'll swear and tell smutty stories. She'll go out of her way to create a "fast" look; and, of course, she'll try to have the most dates. Being way above average in physical charms, she unwisely trades on her good looks to get her by, neglecting her studies, ignoring all accepted social ethics. Thus cheating and cheapening herself, she'll be shopworn and shoddy with a low value sign on her before she ever wakes up to the fact that life gave her an extra measure of good things.

You'll recognize the boy too. He'll be tall, dark, and dreamy, with the wavy hair, wonderful physique, smooth fast line, and sleek clothes. But this long-lashed Lothario, who expects the gals to gush and swoon in his wake (and they do), is due for the low value mark too. He'll run with older crowds, date only "women," and anything his own age will be kid stuff and a waste of time. Don't confuse him with the "wolf" though. We'll take him up a little later.

Both these boys and girls are victims of too many movies, true romances, and torrid love stories; their own misguided, movie-fed emotions; or parental indifference. They're not necessarily over-sexed as you so often hear. But they are definitely over-sex-conscious.

They've been endowed with an abundance of natural charms, which comparison-wise has led them to class themselves apart. So they ignore their own age companions for an older crowd which makes them all the more conspicuous. Shirking studies and other mental pursuits, they constantly seek flattery, vain compliments, and empty pleasures as a means of burning up excess youthful energies. It never occurs to them to divert their thoughts and abilities to more purposeful ends.

The "wolf," of course, is ever present. Grandma called him a "masher" and ran. Your grandchildren will doubtless dub him something else, but he's the same in any language—though more to be pitied than feared as we shall see.

Exactly how he got that way is hard to say. We can only deduct that he is a very mixed-up mixture of both sex- and self-consciousness, making it difficult for both himself and society to put up with. He'll probably resemble Superman, though sometimes he's a little Napoleon. He'll be either crude and blustery or smooth and suave in his manner of approach. But the fundamental reason behind each move will be the same no matter what his age or era.

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Underneath that aggressive veneer, he is hiding a very deep feeling of mental and physical inadequacy toward those about him, and a very real fear of being unable to compete with others on equal footing. This adds up to a beating down of his own personality with a consequent loss of human pride and dignity, which he tries to compensate by browbeating or dominating others . . . as expressed in his constant conquests.

As we well know, the essence of good human relations is an even exchange of feelings and understandings based on mutual consent. Conquest is the individual pursuit for this, against the other fellow's wishes.

So, actually, if you care to bother about wolves at all, you'll discover they aren't really interested in sex, or any other kind of human relationship, except perhaps to defile it. They're out only to destroy—because deep inside they're displeased with themselves. They don't really want to share anything, because they have nothing to share. They can't return a favor or kindness, because they never learned the art or the pleasure of giving.

Thus no wolf is the strong man he appears. He's rather a straw man—hollow and full of emptiness. He chooses sex as his strongest weapon, because of its very personal nature and the fact that most normal human beings hold it in awe and respect.

Sorry to dispel your illusions, but now you know, you can really relax and feel sorry for his weaknesses. You'll avoid his advances too in deference to yourself rather than

through fear or protest; and you won't ever be inclined to fall slave to his demands through pity which he neither deserves nor understands.

This same sort of basic interpretation goes for the wall-flowers, the clinging vines, the gushing goons, and the out-and-out creeps as well. For they are the wolf in reverse. Realizing their own personal lacks and shortcomings, they assume the timid, retiring approach, leaning dependently on others, demanding nothing, but all the while absorbing strength and personality from any who will befriend them. All such inferiority is a dangerous thing to harbor within oneself or to be confronted with in companions.

You see further evidences of inferiority or similar emotional inadequacy dramatized in the kids who try to run away from home, injure themselves, or even attempt suicide . . . all in the hope of attracting pity, sympathy, or any kind of attention to themselves. They must be shown how to get out on their own two feet and learn rightful recognition through constructive accomplishment. With no great effort on your part, you can help such types of boys and girls get over some of their difficulties and establish more normal associations, just by setting wholesome examples in both your behavior and attitude toward them.

But let's cover the second phase of sex- and selfconsciousness, before we turn to the more constructive ways of HOW to help.

At some time or another, you will probably run up

against boys and girls (grown-ups too) who really wish they were the opposite sex; and are mighty unhappy because they aren't. That feeling is quite often inflicted unwittingly by parents who "wish" aloud in their presence that they had been born boys instead of girls or the other way around. That's a very difficult thing to live with, and can leave permanent scars of maladjustment. For sensitive kids react to that "wish" and first thing you know, they're actually trying to be the opposite of what they are. Finding they can't, they become bullies, doormats, and creeps.

You all know the girl who wishes she were a boy, which is usually just the result of her being the only girl in a family of rowdy brothers who have left her out of all their affairs just because she is a girl. She can get over that feeling only if and when she starts associating with other girls and is counted "in" on the fun. "Mama's boy or the sissy" is in the same class with this type of girl. He needs most of all the close association and active competition of boys his own age level to overcome that moniker.

Then there's the group of those who actually seem to resent their fate and fight against life, again a feeling quite often established by fond but unthinking parents. The girl loathes the physical changes her body is undergoing; is shocked at the thought of motherhood and horrified at the idea of ever being beholden to a husband. She wants to be a man to get even with women for being one. She'll usually neglect her appearance, adopt sloppy attire,

engage heavily in strenuous athletics, and pursue the subjects leading to male occupations and professions. She'll seek and be accepted by male company, feeling more at home in their presence than with girls. They'll respect and like her too because she won't expect favors or concessions for being female. She finds here the "understanding" we all seek at all times. She should not be condemned for it.

The same type of boy rebels at the role of provider and raising a family, preferring the soft comforts he imagines go with womanhood. He usually spurns sports for an exaggerated interest in the libraries and museums, will be over-fastidious in dress, and will find his only real companionship in the company of girls. Poor health, a doting mother, a deep artistic or scientific bent, or any number of environmental influences may be causing him to adopt this retiring, more-feminine-than-masculine attitude.

But, you, in your very normal way of thinking and acting, have probably jumped to conclusions and pegged such kids "peculiar." They are not so at all. On the surface they may appear to be. Actually, they are momentarily socially distraught and therefore very emotionally self-conscious. In constantly denying themselves the company of their own sexes, such boys and girls are both bound to have trouble adjusting to their normal roles of man- and womanhood in later years; unless, of course, their mental outlooks are radically changed. Never, never be cruel to them. Ridicule and taunts can't help them a bit.

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And now, unlike Mark Twain's memorable weather remark: "Everybody talks about it, but nobody ever does anything," there is plenty you can DO to help them help themselves.

Every boy and girl falling into any of the foregoing classifications is on the fringe of desperation. They're floundering in their own very insecure worlds against the contrasts of your very snug one. They're well on the way to becoming social misfits and outcasts for life. All those unnatural attitudes and poses they adopt are straws to keep them afloat a little longer. The fact they don't holler out for help, doesn't mean you can't toss them a lifeline.

Social security (not the kind deducted from dad's income) is an essential requisite to every human life. That inside-yourself feeling that you "belong" where you are; that you're wanted because you're YOU; that the things you do for others are appreciated because YOU did them—that's social security. Without it we're pretty sick chicks.

Kids like these are without it. But just how, you ask, can their sorry states possibly concern you who are so socially solid?

The answer to that is obviously simple. You have to live in the world with all kinds of people. If the creeps, the wolves, the clinging vines, the bullies, and the goons began to outnumber the normal, healthy folks, we'd all be sunk. It becomes therefore a social obligation to self and others to see that they don't. Well, what are we waiting for?

Boys: instead of trying to keep the wolves away from

your best girl's door, show 'em how to get a girl of their own.

Girls: instead of deriding the wallflowers, drag 'em along to the powder room, dust on some glamor, and pass along some know-how for snaring a man.

All of you: go pick out one of the kids in your own classes who obviously feels "left out" of everything. Make him your own personal problem, with making him "belong" your sincere goal. And I don't mean dash up and declare yourself his savior—that would only push him further into his shell. You must infiltrate subtly into his confidence—which takes no little doing. You'll be Dick Tracy, bulldog, and saint in one to achieve it.

Keep your eye on your charge. Learn his little miseries and play FBI till you find what ails him. Overlook his bold braggadocio—that's a fake front behind which to hide his hopelessness. Be on hand to stick up for him when others start to pick on him. He'll resent you at first. But persevere, Jackson! He'll soon come to depend on your presence when trouble brews; and by always being there, you'll win his confidence. Just don't let him down now; or you'll undo any progress you've made. Once he respects rather than suspects you, the rest is easy. Take him along when the gang goes swimming, skating, dancing. Include him on all possible parties. Ask his advice—it flatters him, you don't have to take it. Make him welcome in your home—he'll probably wind up doing algebra homework better than you can. If he finally finds a friend

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to trust in you, then he'll start to emulate your actions. Which means you'll have to set an exemplary pace all the while. Is that bad? You'll have a better YOU on your hands when your job is done—and a flock of followers.

Before you know it too, he'll be standing on his own two feet instead of yours, taking part in activities, contributing to the fun. You will have re-created a real individual with a definite place in the sun. Any greater reward you can name?

Then of course, we can't overlook or omit the minority group of boys and girls who are beyond our realm of help.

Sometimes this sex- and self-consciousness is carried to perverted degrees in boys and girls who are physically unattractive or have grotesque disabilities. Feeling cheated by nature, their minds turn inward to feed excessively on thoughts of self and sex. They're the extremes of nature accompanied by extremes in conduct; and are to be pitied rather than condemned. Their twisted minds may lead them into all kinds of unnatural sexual relations with those of their own sex as well as the opposite. They are the ones requiring professional guidance for a more normal readjustment to society. Just don't ever be guilty of contributing more to their unhappiness by snubs or sneers.

And there are the very few whose glandular systems are awry, throwing their sexual development in reverse... the girls who are more masculine than feminine; the boys

who are more feminine. They are the true homosexuals and lesbians, not responsible for themselves or their actions. Medical aid can possibly set them back on the right physical track bringing with it the normal mental attitude toward the opposite sex. Fortunately, they are usually blessed with above-average intellect and can understand their own plight. Your first duty to them is to stop calling them "fairies" or "queers." It's unfair, uncouth to do so, and labels you very ill-bred. Just transfer yourself to their shoes, and then grow up in attitude.

From time to time, you may also hear of a boy or girl who has progressed beyond the hope or help of his classmates—who is under psychiatric treatment—or who has been sent to a mental hospital for rest. It sometimes happens that the pain and pressure from the feeling of social insecurity crowd the afflicted one out of the normal realm of reality. He permits his mind to build a protective fence around his bruised emotions shutting out more hurts and the people he supposes inflict them. Thereby, he removes himself to a dream world which pain can no longer penetrate.

We all have black moments of great grief and mental tribulation when we fear life has turned on us, offering nothing but torment and sorrow. Magnify that fear many, many times over and measure every bad experience you've ever had in terms of it. Then maybe you'll be able to imagine what a tortured brain goes through. Under such a load, any mind can go temporarily out of order. As any

normal body can and does break down under great physical strain. For the mind, like the body, can fulfill its normal functions only under normal conditions. Exaggerated situations and circumstances can make any healthy mind or body sick. An emotionally maladjusted boy or girl is therefore not insane or feeble-minded, as was once commonly supposed. But they are mentally ill. The comparatively young science of psychiatry recognizes that today, and is making rapid strides in restoring such sick minds back to sound health . . . the same as our physicians and surgeons restore a sick body.

Should it be your experience to witness such a mental mishap in any of your associates, be intelligent and enlightened enough to look upon it as you would any other body ill that might have befallen him. Don't in any case be the guilty goon who spreads the rumors and gossip about so and so's "condition." You wouldn't dream of attaching any significance to the fact that the same so and so came down with the mumps or appendicitis. Why then should the fact that he has a rarer ailment, which he certainly didn't wish upon himself, be a juicy conversation piece?

By the same token, when that boy (or girl) returns to the fold, exercise the same good manners and tact by welcoming him home just as you would anyone who had been away for a time. Don't look upon him as some strange new curiosity descended in your midst from another world. He was ill. Now he's well. Help him stay

that way. Don't throw up that same old wall around him or between him and yourselves, that caused him to suffer in the first place. He needs just your opposite reaction—a wholehearted warmth of acceptance and friendly relationship. It could have happened to you, you know. The ability to skip all such temptations and to squelch unkind whispering campaigns about "conditions" is one of the finer points of growing up—which is supposed to be what you're doing.

ARE YOU GOON OR GROWN?

Seeing all these things that could happen to any one of us emotionally, particularly when our imaginations are young and fanciful, should often give you pause for thought. So if you should ever find yourself floundering in your feelings about yourself, or seeking sympathy from others, or indulging in self-pity, for any reason whatsoever, give yourself a good swift kick. Hurry up!

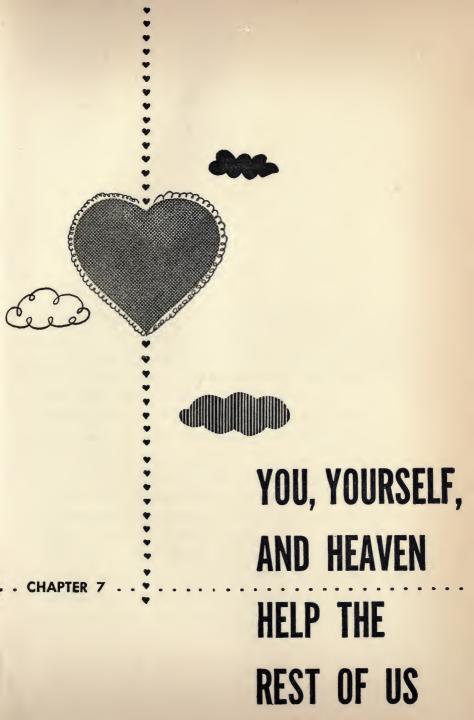
It's so much more flattering to your ego and vanity to help yourself and others out of bad moods and depressions than to have to be helped all the time. Naturally, quite often you'll need a kind word or friendly gesture to snap you out of the doldrums—but beware the habit of relying on others or looking to them for those sympathies. Very rarely are we born emotionally weak and cowardly. We permit ourselves to become that way by pampering outside fears and "notions" that we're not as good as the

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next guy. If you'd just always remember that in fearing yourself or anything about yourself or others, you impede all personal progress—sometimes beyond repair. We're all pretty much alike inside and out. And just WHAT possibly about that fact can anyone find to be afraid of?

We'll repeat a great man's classic truth: "There is nothing to fear but fear itself." That's a mighty fine credo to grow healthy, wealthy, and happy on. You can't forget how the late President Roosevelt rallied our entire nation to its feet during a period of near-panic by that simple yet profound statement. It has the ring of courage and a sound, sobering effect no matter where or how you apply it. Keep it handy. It's a dandy shot in the arm, when things are getting you down.







So you're gonna be a hermit and creep into a cave, when just yesterday you were going to lead the band or cop the ski cup. Well, all right; but creep back over here just a few minutes before you head for the hills. Maybe we'll both strike out together.

Don't let the new physical overhauling get you down. Stop being so bashful—nobody's really agin you. And fellas, the girls aren't nearly as dizzy and "impossible" as you keep telling me. Likewise, girls, the boys aren't "stupid" and "inhuman" like you say. I'm echoing a pair of teenagers I talked with recently, who were feeling as popular as last year's skirt lengths.

Sure it's tough to handle all the new equipment nature has just settled on you. You're afraid it's showing, and you don't want each other to see it—not just yet, that is. Give you a little more time though!

And if your parents only would. But NO. You're their favorite conversation piece. They highlight the new bosom. Mom has to blab your first brassiere all over the neighborhood. And darned if your voice didn't crack again—and my, how you've grown. Why can't they leave a guy alone?

Well, I'll tell you—it's a matter of pride with parents. It's their weird way of showing you off—a "look what we brought into this world" sort of gloating. They really can't help it, any more than you can help feeling embarrassed and down in a barrel about it. You might as well both give in. This sort of thing has been a stock item in families for generations, which we all outgrow.

You're knocking on the big door to independence now. It's a heavy portal that must be opened very slowly. Brain not brawn is your password. Beyond it you'll find whatever you put there in opening it. In his own barbed style, George Bernard Shaw tosses you the lowdown: "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and go look for the circumstances they want, and if they can't find them, they make them." Smart man, G.B.S.

So quit pounding and pushing—that door's heavy. Concentrate on what's proper to put behind it. The adults in your life—parents, teachers, relatives—aren't bolting the locks on you, or digging a moat around it to keep you out. You just haven't the heft and foresight to swing back those portals yet, and they're only trying to tell you to

take your time. There's so much of it when you're grown. And you eager beavers, too, might just as well relax. You can't batter it down either. List and learn all of you. Take the tips handed you by those who know. For little by little they all add up one day to open sesame for you.

Parents are people too. They have lives of their own to lead; and they're just as anxious as you are, to see you happy in your own social whirl and out of each other's hair. Only they must make absolutely certain that you're on the right track before you take off. You're a big responsibility, and a bigger problem-because they know what's in store behind that door you're so impatient to open. Stop suspecting them of sabotaging your plans. All they're asking, if you'll take time to listen, is that you keep the house rules. This is home, you know, not a hotel you're residing at. They say, and rightly, stay away from disreputable places, come home on schedule, let them know where you go and with whom. Is that asking so much? If you'd stop considering them as combination warden-supply depot-exchequer, and look at them as just plain folks, home would be the best place to have fun while growing in, with dad and mom everybody's best friends. But it's moods you're in for a long spell now.

One of the first big things to realize when you're feeling misunderstood and sorry for yourselves, is that you and the family are in different worlds and worlds apart at this stage of your life. Their sympathies are certainly with you in yours; although their spirits go wandering about in

other orbits. You've only YOU to worry or think about. They've YOU, themselves, work, taxes, politics and what the world's coming to in general! So that new suit or formal or the increase in allowance you're so desperately hepped about this very minute seems mighty trivial stacked side of this year's living costs. And you remember, you DID spring it just as dad was figuring how to meet the overdue insurance payment without tapping your college fund. So why don't you just attack with tact next time and catch dad or mom in a really good mood? They have them often, you know?

And boy, so do you! Good, bad, and indifferent—those moods keep coming in continuous succession.

When you feel a fit coming on, it's best for everybody if you'll just stay to yourself awhile. Go gloom in your own room till you think your presence is fit for human consumption again. It may take days, but chances are a few hours will fix it all fine. You'll remember that you forgot to call Jane about that new hairdo you were going to try, or something equally important will turn up, and you, YOURSELF, will be lost in the rush. I'm not excluding you big beautiful hunks of man here either—because Ouch! when you get a grouch . . . please also make tracks from sight and stay there.

So all right, I heard you. You haven't got a room. So beef in the corner. By now, everybody's hep to your "moments" and the space that's set aside for such will surely be vacated fast. As a matter of fact, everybody has his

moments. And privacy is a personal necessity at a time like this. That "away-from-it-all" urge in which to indulge moods and foolish fancies unseen, unheard by anyone is vital. You're all entitled to it. And you can all have it, no matter how small the place you call home. Just keep consideration and co-operation in all things, big and LITTLE, as the keynote of family life. Set the signals together so everybody recognizes them at a flash, and then living together can be a smooth joy, instead of the knotty problem you teenagers so often insist it is.

Most moods are emotions turned inside out. And to quote one of your own textbooks *: "All emotional states are accompanied by corresponding internal and external organic changes. The hair rises on the neck of a barking dog; the man's face flushes with anger; and within the individual the heart changes its rate, blood vessels constrict and dilate, endocrine glands secrete, autonomic nerves send impulses, and the whole organism responds in a wide variety of reactions."

So very true. Take a blush for instance—one of the prettiest sights of youth. It's merely the adolescent mental reaction to the emotion of shame, embarrassment, modesty, or confusion which you haven't as yet managed to control. Your mind notifies the medulla oblongata (the telegraphic department in your lower brain) that your feelings have been hurt. That information is quickly dispatched to the vasomotor center (which controls the blood vessels); and

^{*} Williams: "Personal Hygiene Applied," W. B. Saunders, Phila., 1946.

the news causes it to relax, dilating the vessels which rush the blood to the skin's surface creating a sensation of warmth. All grown-ups enjoy kidding you just to see your color rise; so you shouldn't take it so seriously.

And the awful shyness that sets in at puberty or close on its heels is one of your biggest growing up pains. And believe it or not, adults suffer almost as much in its presence as you do. You hang your head, you blush, you stammer, you're so flustered you upset everybody else, when all we're guilty of is trying to make you feel more comfortable. That's probably one of the mysteries of growing up that will never be solved. Funny thing though, the toughest characters you can name were just as shy as you are now. Get under the skin of any one of them, and they'll confide they were as bashful as all get out at your age. If they survived it so well, you will too.

And shyness is akin to modesty, which is a mighty nice mannerism in its true state—which state Webster says is: "One of decent reserve and propriety, or chaste humility." It's a state of mind again that too many of you tend to magnify to the fever pitch of prudishness. It really has nothing to do with the degree of dress or undress you might suddenly be discovered in, as a lot of you seem to think. Your consternation reminds me of the wallflower (grandma's term for the dateless drip) who was so modest she even blushed when she changed her mind. You swim in practically nothing all summer and think nothing of the exposure. Yet if someone overtakes you unaware in

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your slip or pants and bra, you go out of your minds and hide quick like an atom bomb. What HAVE you got that everybody else hasn't? What makes you think family or friends will take more than a passing glance? Snap out of it, please. Certainly nobody wants to see you running around brazenly and boldly in your birthday suit—but must you overdo everything? If you're caught short in the shower with your clothes down the hall, can't you holler in a quiet ladylike manner for your towel, instead of going into that tizzy? Really, your carrying on is far more startling than your nudity.

When you're not blushing or shying away or hiding modestly, you've got a bad case of extreme sensitivitywhich turns on the tears at the drop of a hat or the bat of an eye. If anyone looks askance, makes with a joke, or forgets to say hi, you're off in hysterics. Your mind surprisingly magnifies remote remarks to personal assault and on go the waterworks. Or maybe you'll slam into reverse for a change and hurl things verbal and handy. If you can't count to ten beforehand, simply apologize quickly afterwards. No explanations are necessary. Because if your victim is still in one piece, he'll know it was all caused by your lack of emotional control-which brought about whatever reflex action you displayed. Youthful nervous systems go berserk often, causing the endocrines to overproduce their secretions, thereby creating chemical disturbances which throw normal body functions temporarily out of kilter. These disturbances in turn work out of the

system in the form of tears or tantrums. And one or the other form usually predominates.

It's best to take your temper out in tennis or something equally strenuous; because the oftener you give in to your feelings, the more and more they expect of you, till you're eventually a slave to yourself. And freedom's the thing we're all after, my pets.

So you see how your emotional adjustments are almost as radical as your physical changes. Naturally, they'll be governed to a large extent by your environs, your experiences, and the influences cast by parents, teachers, and pals. Aping elders has been a favorite adolescent sport for centuries. But actually at heart and almost unconsciously we all mimic those whose deeds and actions impress us most.

That's chiefly why your personality does double takes these days. A kaleidoscopic composite of confusions, that's you. One week you're Madame Butterfly, queen of tragedy, the next Grable, belle of the ball; a budding Einstein, then Gable. No wonder parents and teachers go nuts trying to keep your trolley on the track. Instead of the heavy hand of opposition, why don't you make with a lighter touch of understanding? You know who you're imitating, even if they don't. It's all right to stand pat on your new views about you and what's "new" in your world, but cooperate with the grown-ups a little to make them see it your way. Talking solves so much more than that gloomy silence. Adults remember facing your same problems and

they really can understand the tough struggle you're having to keep up with all your changing selves. Why keep hurling defiance, when compromise can save the day? Blowing up too leaves such a mess of pieces to pick up afterwards. I always thank grandma (my own this time) to this very day for her worldly wisdom. When the flares went up and the sparks began to fly in our family, with all the earmarks of the true diplomat, she'd quietly announce: "Sugar draws more flies than vinegar," and as quietly decamp to the quiet of her own quarters, leaving us all in foolish-faced silence. It worked without fail on us. Still does.

While your personality is playing leap frog with your emotions along will come those crushes!

Sometimes they hit you before you've ever had a date—sometimes they settle soon after the first few prove not at all what you anticipated. So off you crawl onto a cloud dragging a dream with you. Again it's a state of mind that's startlingly silly to behold.

You don't eat. You don't sleep. You walk around in a trance bumping into people, falling off curbs, while your grades hit the skids, friends desert, and parents go goofy trying to figure what all those sighs emanating from you can possibly signify. Maybe you're ill and they ought to call a doctor. Certainly you're not yourself. And with you, it's almost like being in love—except that it's so tormentingly one-sided; and all the worse too, because the object of your generous affections isn't even aware of your exist-

ence. He or she may be a perfectly swell screen queen, local football hero, math teacher, upper classman, or pin-up princess. But does this secret desire and love of your life know you from Adam? If he or she did, wouldn't they be more amused than flattered . . . because honestly, isn't he or she usually years and experiences older than you? If the answer is NO—you better have a long talk with the folks. And if it's YES—then cut it out, kids. It's only making you look down your noses at your very own pals. THEY just (I quote): "wouldn't understand anything on so high a level." You bet they wouldn't!

They're far too interested in hockey, skis, the U.N., and the latest juke recording right here on their teen earth—same as you were before these thunderbolts hit you. So get off that reserved cloud pretty quick and ask yourself a very simple question—which if answered honestly will knock your superiority worship into a vanishing meteor and send you hurtling right back to where you belong. WHAT, ask yourself, exactly what if anything, have you and this hero or heroine possibly got in common?

Their interests are most certainly NOT with math, history, or Spanish exams, the coming ski or track meets, the last football or basketball score, or who'll be next class president...all of which are vital to your daily wellbeing. I'll bet they don't even know the latest jitterbug step or the newest swoon tune; or even more important that dungarees are neatly and evenly fringed this year. They couldn't possibly be in the groove on all those wonderful

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things that compose your special world. They're too busy worrying in their own setups. So how could they?

And also while you're way up there smooning over that super crush who doesn't even know you're alive, remember to take a quick look down at the gang and see what you're missing. They're busy cooking up adventure, excitement, and real fun galore; while you're just sitting still there holding a big bag of dreamstuff. Don't you think you'd better just park it on the nearest star and hurry back before your pals all give you the go-by for good?

So you agree to give yourself up. What next? The darkest days of teendom are upon you. Nobody loves you and your clothes don't fit. You can't get cozy with the folks, nor they within ten feet of you. Something or somebody HAS to give. Not you. And while everybody waits for you to make that vital move, because there's not much else to do; you all seek desperate measures for escape to keep the family peace. Poor mom plays more bridge. Pop takes up the best sellers. You seek outside company for your misery. Bring 'em home? Not if it killed you. And you snap the head off any bold soul daring to know where you're going and when you're returning. Nobody's business. Who cares anyway? We all do and you know it. But time goes by . . .

Until what's this? That certain day with its special feeling dawns . . .

Gee whiz, Joe Blow isn't a lanky goon any more; and golly, Mary's hair is mighty shiny and she's stopped biting

her nails. Something's happened all right. The time has come when you tuck in the shirt-tails and do your hair up; you chuck the prized bottle top caps and begin to lace and polish the booties regularly without being told. Tomboy to lady; roughneck to gent—all in the same bright light of day.

"Puppy love" sets in and spreads like crazy. A brandnew dictionary defines that expression's origin as coming
from the Latin: "pupus" meaning boy, "pupa"—girl; on to
the French: "poupette"—a little baby or plaything; arriving at the English: "puppet" or "puppy"—also a plaything,
particularly applied to tiny dog companions which were
always carried about by the ladies. So we deduce: a fondness for your newfound playmates—the opposite sex, of
course.

The all-girl and all-boy cliques consolidate into boy-girl gangs now. And it's dates you're after. Competition runs riot. Everything about you from this time on is showing—personality, poise, charm, clothes, manners. You're on trial, both for yourself and your pals. So watch your steps—even a slight misstep can be fatal. Be neat, be sweet—and above all, be considerate of the next guy's feelings. He's struggling just as hard as you are to get organized, and he's every bit as sensitive about his slips.

If you've grown up with brothers and sisters in the house, this adjustment or transition to opposite companionships will come a lot easier. If not, you'll feel it more acutely. But the sooner you adopt favorite boy and

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girl teenmates, the sooner you'll shed that awful, shy self-consciousness that keeps making life so wretched at home and abroad. See each other, go places, hold hands, swap viewpoints, talk, laugh, have fun, share things; for this sort of early give and take between the sexes develops the poise and confidence to see you through those doors to adult happiness.

On the way, boys, take a tip: Don't try to slide by on a smile when the occasion calls for a tie instead of that sweater you're wearing. Girls are deadly serious and supersensitive about your clothes and grooming right now. They may be polite enough to ignore it when it happens, but you can safely bet that they'll also ignore your invitation for a repeat date. What's more, they'll send you along the grapevine as unsafe to be seen with, "accept only in emergencies." And you'll get many a cool turndown before you realize what happened.

And girls, remember this: Boys think lots differently about the female sex than you do. They have an inherent respect for womankind and motherhood. Consequently, they shy from the too obvious displays of feminine attractions. So be guided accordingly. No matter how super the new curves, don't over-emphasize them with uplifts and tight sweaters. Wear both, of course, but be careful lest you offend. Proper flopper-stoppers (I was enlightened about calling them bras) are designed to hold young breasts firmly yet modestly in place, rather than show them off. You think I'm making this up? A good many

countries today still require their women to keep their bodies well draped—indeed, during the war the Army and Navy issued special handbooks warning our boys to respect this custom, born of the fact that a woman's charms were to be kept from all eyes save her husband's.

And all this advice, savvy, know-how, whatever you want to call it, boils down to just this: Watch yourselves closely and try to be your own severest critic about all the unnecessary absurdities and unbecoming traits that can settle into habits so fast. Give your personalities a dressing down ever so often, so they don't begin to resemble those attics full of stuff nobody wants or will ever have any use for. It's only the nicest things we like to remember about people; so concentrate on making your qualities memorable, and bypass the junk you'd only have to discard later anyway.

Growing up's a big project. One you don't accomplish in six easy lessons. You're well past the halfway mark now; and your actions and thoughts ought to match you in size, if you expect to get through those doors and be recognized as an independent operator. And you do, don't you?



OH,

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YOU



Saddest of all the adolescent crosses to bear, and one that often leaves big mental as well as physical scars is ACNE. Very few boys or girls escape it, though some have milder and shorter sieges than others. It does seem unfair, and why it's necessary no one knows—though maybe it's just one of nature's strange character-molding devices. Best you can do is keep your chin up and know that acne does depart eventually for good.

You may, of course, feel self-conscious over it and plan staying home when you want terribly to go some place special. Well don't. Don't let it destroy your confidence and composure either.

If you're a complete mess with a bumper crop from the start, have mother take you to a dermatologist, follow his advice, and apply his medications to the letter. Be sure to use only your own prescriptions, and don't fool around ex-

perimenting with stuff that worked for somebody else. Everyone is an individual case, reacting differently to different treatment. What worked swell for Joe or Jane may just prove poison for you.

If, however, you're just one of the "regulars" with a normally healthy spattering, while you're putting up with the unsightly spots and curbing the desire to bury your head in the sand till they subside, you can help yourself a lot. First of all, avoid being emotional about its appearance. Upsets only make matters worse, stirring up the circulation and increasing rather than decreasing the numbers of bumps. So keep calm, stay away from mirrors, and steer clear of company that insists on reminding you of it.

Now let's get an accurate picture of what causes acne:

At puberty, the sebaceous (oil) glands, located in the corium of the skin (the layer beneath the epidermis) secrete the lubricating sebum which nourishes the hair and keeps the skin healthy and eventually smooth. Too little sebum means dry, scaly skin and scraggly hair. Too much, as happens now till youth gets regulated, results in a clogging of the pores and hair follicles, as well as inflammation of the glands themselves. Dirt and grime collect, infecting the clogged pores and producing the blackheads which erupt in nasty pimples and the blemishes we all hate so.

Beside all this, a diet too rich in fats and carbohydrates (sugars and starches) creates a sensation of warmth and stimulates the sebaceous glands, causing an overproduc-

tion of sebum—and there you are, aglow with bumps and popping pimples.

Number one DON'T is: "HANDS OFF—NO PICK-ING"... don't even touch the things, for you just cause them to spread and multiply in other areas. Scratching and picking make big pores and leave scars.

Keep your hands scrupulously clean, and wash or cleanse your face, chest, and back (or wherever else the trouble is) several times daily. Find out from the start, from your doc, what kind of soap or cleansing agent to use, because every skin responds differently. Some soaps may only irritate the condition, if your skin is the thin, sensitive type. Then ointments, cleansing tinctures, or medicated lotions may be best for you. Make sure, then stick to a religious routine in routing the bumps. Boys may have a tougher time with them because of their frequent shaving which sets up a counter-irritation. Here again, check the shaving soap—it may be too strong.

If you're the type the sun favors (it has great therapeutic value in drying up and driving out pimples for some)—get out and get under it or an ultra-violet lamp often. Sometimes, though, the sun's an irritant which only makes matters worse. Don't take any chances. Be sure first whether you and Sol are compatible.

Salt water bathing is swell for healing too. But pools are an "absolutely not," unless you don't mind having your feelings hurt again by being denied entrance. They're a source of infection for others and re-infection for you. But

an ocean's fine—and if you're lucky enough to live near one, drop in often.

Hot and cold applications help a lot. Just be certain the towel or wash cloth you do the steaming with is sterilely clean. Hold it right against your whole face, hot as you can stand. Steam opens the pores, brings the bumps to a head. Don't squeeze them though, even if they start to drain. You might bruise or break the skin, which leaves scars. And be sure to follow each steaming with ice-cold applications—an ice-cube rub is peachy—to close the pores and avoid spread of infection. You can then lightly dab each eruption with witch hazel, listerine, spirits of nitre or camphor, mild Dakin or chlorine solution, or any other antiseptic which is recognized as mildly astringent. Don't use anything oily—unless the doctor prescribes it for you.

And girls, it goes without saying: CLEAN powder puffs please. Use the disposable cotton pats if you don't like to wash them. And don't, don't, DON'T grind that powder into your pores! I feel like screaming everytime I watch one of you rubbing like mad. It's a face, your face, tender and sensitive, not the kitchen floor you're waxing. Dust that powder on lightly and let it set awhile, then brush off the excess with the palms of your hands or a piece of cleansing tissue. If you're a pancake addict—watch the sponges. They wash too, you know—though most of the ones I see on your dressing table look and smell like a new batch of penicillin culture.

And boys, keep your razors sterilely clean before and

after shaving. Don't lend or borrow one either. And that goes for the powder puffs too.

A very good thing to bear in mind is: Those bumps don't show to others nearly as much as you imagine they do. Because you are extra conscious and sensitive of them, you may feel they look big as all outdoors. They aren't pretty; none of us likes to even see them, much less have them. Medical science is doing lots to straighten them out in the way of new treatments and diet; and perhaps, someday, acne won't even be a part of growing up. But until then, there isn't much more you can do.

Another thing: don't be alarmed at every skin-rash that breaks out on your body. Things like summer rashes, prickly heat, eczema, and the like often break out in the most sensitive regions of the body, including the area between the legs and around the genital organs. Here's another time when prompt medical advice can steer you straight and lay to rest any of your imaginary fears and fancies.

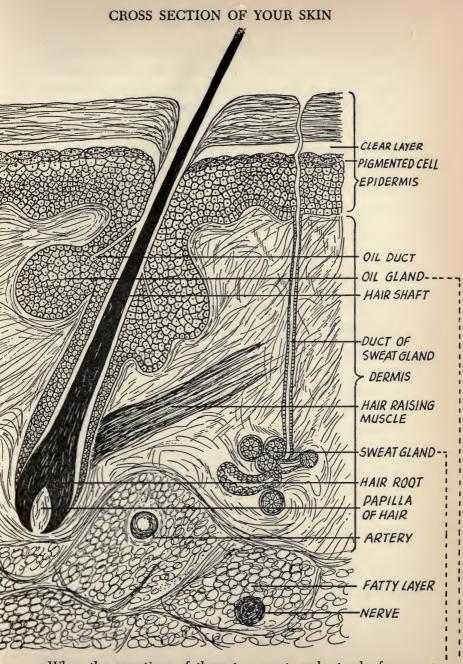
Along with acne and coming from the same source—the over-activated sebaceous glands—are the body odors, sometimes particularly strong and oft-times offensive, during puberty. It's some more of that same glandular adjustment underway; and it is embarrassing while it lasts. There's not much prevention or escape from this either, save time, which gradually adjusts your chemical balance. Extreme cleanliness is a must.

Bathe and shower as often as you can-morning and

night, if possible. For soap and water wash away the unctuous deposits and impurities of the pores which, meeting with a normal amount of perspiration, cause the odors. Afterwards, get the habit (it's good to make it permanent) of applying a good, clean-scented cologne or talcum powder all over you. Don't use it just to cover up the smells, but *only after* your bath or shower. And be sure to change your underclothing daily.

Excessive perspiration is another distressing teenster problem. It ruins clothing and good times with equal fatality. And it crops out in all the worst places—the palms of your hands, making them exempt from holding; the soles of your feet, making sox smelly; around your hairline, undoing curls; and mostly underarms, leaving deep dark circles of unloveliness.

Now perspiring is a very necessary body function; and the sudoriferous (sweat) glands are abundantly scattered over the entire skin's surface, being largest and most numerous in the aforementioned places. Aside from carrying away waste matters, perspiring provides the body with its only means of heat loss by evaporation. It is actually a reflex action, which regulates body temperature, keeping it in proper balance with external conditions. For instance, when the thermometer outside or the blood temperature inside is raised, impulses stir in the skin's sense organs causing a secretion of sweat and a dilatation of the pores to release it, so that a greater volume of blood is exposed to the air and can be cooled by evaporation of the sweat.



When the secretions of these two meet, make tracks for the nearest shower and lay on the lather.



Excitement, anger, over-activity, any emotion or increase of energy which raises the blood temperature, will bring out the drip in you. Of course, you'll perspire till you die, especially in hot weather, no matter what your age. But the now-too-frequent emotional binges, the nervous outbursts and extreme activity of youth, keep perspiration most profuse. So it's up to you to provide the thermostatic control for your own comfort's sake. Perspiration may or may not be odorous. The amount of sebum mixing with it (see above) creates the objectionable odors, which may also be partially influenced by the foods you eat.

Extreme cleanliness in cases of extreme perspiration helps. Colognes and talcs applied, again not to disguise but to freshen, cool you off and make you feel better, and fortunately, there are lots of very good deodorants and perspirants on the market which do help neutralize odors and seal the pores, routing the more copious flows of perspiration from underarms to other sections of the skin for outlet. They're safe, thanks to our Pure Food Act's constant analysis of products to keep them up to standard; and most are fairly effective and will protect your clothes, if carefully and properly applied. But if you're a walking waterworks, better trot to the doc. He can fix you up a much stronger prescription than any you'll buy already bottled, and can also regulate your diet and restrict your fluid intake without harm to your system.

Watch your underclothing and sox religiously. Stale perspiration has a particularly disagreeable odor all its

own, so never, never wear the same things twice in a row without first rinsing them out. Count to ten before bumping "accidently" into that new crush. It'll lower your blood pressure, and keep you cooler for the actual encounter.

Bad breath is another thing to carefully guard against. And please don't fly off the hook or be offended if your best friend tells you about it. Rather be grateful and do the same for him. It's a thing that usually does have to be pointed out, because it's so close to you, you don't realize you have it. Just to always be safe and extra sure, brush your teeth conscientiously several times a day, rotating the brushes, for odor can and usually does come from bits of decaying foods lodged between the teeth. Mouth washes are fine for flavor and leave a nice, tasty afterglow, but they never cover up the real facts.

Another common cause of bad breath is from sour, upset stomachs and constipation. It's small wonder that your digestive gear doesn't get permanently out of whack with all the cokes and junk you guzzle and load up with continuously. Do watch your diets, and your bowels, and please observe a be-kind-to-your-stomach day ever so often.

About diet, we'll say little. You've no doubt heard so much already you're ready to ignore the whole thing and live on cokes and candy bars. I agree, things can be overemphasized till they lose their whole meaning. Just be guided by your own and mom's common sense, which tells you that variety and balance in your meals are what's

necessary. Unless, of course, the doctor has you on a special diet for specific reasons.

You'll learn the proper combinations of foodstuffs in your classrooms. And they all boil down mostly to this: Make the portions of green stuff (for minerals, roughage, and vitamins) equal to or more than the amounts of potatoes, bread and butter, and sweets at each meal. For starches, fats, and sweets all have a tendency to activate the oil glands; and at your age, that spells bumps and B. O.; and just plain FAT when you reach ours.

Drink lots of water and drink it often. It carries away the wastes in your system, via the skin and kidneys. Don't eat so much or pick around like that between meals. Substitute milk or a fruit juice for some of those cokes and soft drinks; both keep the system in tone and help alkalinize acidity, while the latter are loaded with sugars. Eat an apple or pear or seasonal fruit instead of that second candy bar. Raisins are good as candy too, once you cultivate their liking, and besides being mildly laxative, they're packed with iron. Good and good for you. So really, you can go ahead and eat everything (unless you're in a doc's hands), but do it sensibly and in moderation, maintaining proper balance at all times.

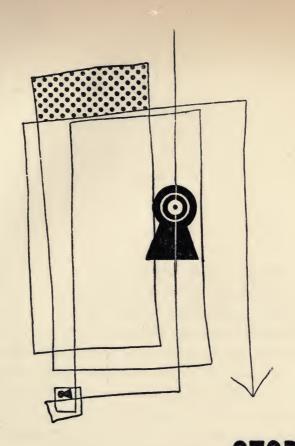
Watch your bowels too. Constipation makes its contribution to skin eruptions, bad breath, and body odors.

Avoid the alcohol, particularly if you're inclined to acne. It's stimulating, stirs up the circulation, and out pop more pimples. If the crowd is having a drink or two, you

can decline without feeling or being a sissy. There's certainly nothing sissified about not wanting a new batch of blotches. Besides liquor's not for teenagers anyhow. Take it easy on the coffee and tea too, for both are mildly stimulant. Eat more rabbit fodder (the greenstuff) if the bumps are a bother. And naturally you'll avoid candy, cakes, and pastries too, till your skin's in the clear again.

Aside to girls: Some of you are bothered by a slight, whitish discharge between menstrual periods. That's LEUKORRHEA. Don't be alarmed by it. It isn't a disease or symptom of one as lots of you imagine. It's merely the escape of surplus ovarian and vaginal secretions, partly caused by over-exertion on your part. A little more rest and quiet is the best answer to it.

Consider leukorrhea as you might other similar discharges from the mucous-membraned parts of your body—i.e.: your eyes which water from time to time for no apparent reason; your nose which needs blowing occasionally even though you don't have a cold. If, however, the discharge is profuse and continuous, better check with mother and see the doctor to make sure that no infection is present.



STOP LOOKING

CHAPTER 9

AND LISTEN



What's coming is probably the biggest DON'T most boys and girls have to encounter in adolescent life. It's one of society's "hot potatoes" pitched back and forth by generations of parents, educators, doctors, and clergy alike. Condemned, feared, threatened, and denied, it has never been allowed to cool off long enough to be calmly handled. And just because it is an aloof, intangible subject, hard to confine in words, we keep burying it alive, hoping the ghosts won't hover round to haunt us. But they do. And the bugaboo of MASTURBATION remains ever present.

We have already defined the word: as physical self-gratification. We can also recognize it as a very normal phase of every child's growing up years—animal or human. It springs seemingly from juvenile instinct. Like picking the nose, sucking the thumb, biting the nails, masturbation too is a preoccupation amongst the kindergarten

crowd and at the zoos. Sometimes it crops up again at puberty and needs correction lest it become a sorry habit carrying over into adulthood.

We are all confronted with feelings about things which our civilized existence considers "not nice" or in "bad taste." They deserve that label because they are usually negative things which prove detrimental to the individual. Profanity, obscenity, vulgarity, jealousy, derision—and all the rest which detract from rather than add to a person's character, personality, and appearance—fall into the "not nice and bad taste" department. As we grow older we grow wiser, and good common sense tells us to discard, avoid, and bypass all habits which are not beneficial or profitable to us. Masturbation might certainly top this list of undesirables. But human nature being what it is, we want sound reasons as to WHY we should not indulge this habit.

So let's face it and try to trace its bad reputation to a good ending.

First of all, throughout our lives we are directed by "drives" or vital energies which provide the impetus for our accomplishments. They need to be controlled and released in constructive paths, else they can run riot and enslave us. At puberty the sex drive is most predominant and manifests itself in physical urges demanding release. Nature provides adequately for those releases; but the mind must also co-operate in controlling the biologic urges until they can be put to their intended use. Some young

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people, however, become all too impetuous and impatient to satisfy their physical desires, and resort to self-gratification through masturbation. By understanding the primary purpose and values of a normal sex life between men and women, we can readily see that masturbation is contrary to life's scheme. Therefore it becomes unworthy of more than passing curiosity.

Nature has decreed the human sex act for the specific purpose of the procreation of human kind. That process always has, always will, require the reciprocal union of man and woman, for only together do they make a whole. As we know and instinctively feel, this union is an inviolable trust placed with each of us, which promises the ultimate fulfillment of the individual being in his children-tocome. Thus all sex unions release vital energies (life forces) intended primarily by nature for the creation of other beings. They should not, therefore, be lightly dissipated in nothingness.

Masturbation, being a solitary, self-committed act, ends only in nothingness. It takes from the person that which cannot be put back; gives him nothing in return.

At puberty the life energies are awakened and throughout adolescence they are used for building strong, healthy bodies. At maturity these vital forces are then ready to be diverted to their basic function which is reproduction. It can't be repeated too often: this requires the union of both man and woman. And man, being a rational animal, has also brought tenderness, reverence, and love to his mat-

ing, thereby lifting it high above the purely physical or animal level. And because man is practical as well as rational, he realizes the need and the right for permanence in his love. Such permanence has its roots deep in marriage and the foundation of a home for the rearing of his young. In order to achieve this ultimate in personal satisfaction and enjoyment, we must at all times hold close the truths that man and woman together make the whole; that alone each is incapable of fulfilling his destiny; that it requires the combined life forces of both to bring forth new life, as well as to enjoy true happiness through each other.

Thus the physical urges you feel attracting you to one another, are nature's way of being sure that you will eventually mate and share your life, rather than live it out in lonely solitude. This thought brings us to one of the chief emotional involvements inherent in excessive masturbation.

Lacking the normal association of others, as anyone who excessively masturbates necessarily does, you withdraw from the group and look solely to yourself for company. Acknowledging loneliness, you conjure up imaginary associates—the fairy princes and princesses. Till gradually a world apart is created within yourself—a world full of false understandings and nonexistent creatures who are apparently doing your bidding, but actually taking over your life. And then the outside world becomes a forbidding place, where even your best friends appear

to be ogres. So you begin to retreat more and more often to your solitary walled towers. Only unlike the good fairy tales, no magic wand is eventually waved that makes all well and returns you to the wholesome natural reality whence you came. Your very sick self can't let you go—you have become your own prisoner. You can get back to healthy reality—but to do so means making an honest and determined effort.

Another emotional stigma hung on masturbation because of years of condemnation and DONT'S, as well as the misconceptions of its effects, has imposed the added burden of GUILT on young doers. That sense of guilt and dread of discovery is far more harmful than the physical act itself. For feeling guilty about anything only makes you more conscious of it and yourself. You become fearful that it's showing. If a pimple pops up, for instance, your conscience immediately suspects masturbation for its sudden appearance. That's just one small way of how it can affect you. Any worry constantly in mind and continually thought about, tends to recall the urge which caused the initial act and makes you repeat it. Repetition leads to habit.

Thus if we could begin by removing the guilt feelings, we would eliminate one of the biggest contributing factors to repetition of the act. Once that was gone, it would cease to be a big problem; and we would all be free to see you just concentrate your full time on the constructive do's of growing.

Masturbation does not, however, lead to insanity, illness, or any of the other horrible fates heretofore attributed to it, any more than biting your nails, sucking your thumb, or wetting your bed could. BUT kids, don't kid yourselves. Habitually practiced, it can be a very bad personal investment with the entries all on the debit side of your ledger. Eventually you may wind up bankrupt of vim, vigor, and vitality—all the prized natural wealth of youth, lavished on yourself instead of shared with a lifetime companion.

Those then are the bad features. Both the boys and girls who indulge excessively have something amiss in their emotional structures. Sometimes it's a simple obstruction, loneliness, self-pity, or a feeling of inferiority that a kind word or a friendly admonishment can remedy; or it may, more seriously, be some personal obsession that requires patient, professional help to bring back in balance. But you can bet your best beat-up moccasins that no average teen has time enough left over from work and play to be more than passingly concerned about masturbating. Who wants to hide in the attic all alone to play with his own anatomy when the gang's going skating? Not YOU.

And that's any normal kid's instinctive reaction. He just isn't going to be left out of any social doings if he can help it—and that means nothing short of pneumonia or a broken leg is going to hold him back.

That in itself is a saving instinct throughout all of nature. Self-preservation dissected would consist of the social

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ingredients of self-betterment, self-satisfaction, pleasure, gratitude, appreciation—all achieved through and by association with others, and all very RIGHT desires. Animals are given claws and fangs with which to defend themselves; but humans, being rational animals, are governed by their own sense of right and wrong, which grows sharper and stronger as self-respect increases. And self-respect leaves no room for doubts.

A good many of you suffer from that other curiosity-LOOKING, which also enters many a bright skull at puberty. It's that feeling of wanting to compare notes, to "see" if everybody else is the same as you have suddenly become. There's nothing wrong about that desire for anatomical research. But you'll save yourself a lot of unnecessary anxiety, if you'll just accept the fact that all male and all female anatomy is similar in structure-that is, male reproductive organs are external; the female, internal. There are detailed doctor's drawings in this book on pages 37 and 52 that clearly depict the basic biologic differences of the sexes. If they don't satisfy, then there's an inexhaustible supply between your school library, the public libraries, and your own doctor's private collection, available to you for the asking. But I guarantee, once you've viewed these, you've seen them all. The only variations will be the artist's individual conceptions. So be content to let yourself grow, confident that nature knows what she's doing and won't let you down.

The earlier we learn a high personal esteem and real

appreciation of ourselves, and adopt a true admiration and respect for the bodies that house us, the sooner we establish a deep gratitude toward nature and the gifts she bestows. Once that thought is rooted, the rest comes easy.

Nice body you got there, Jack. Developing swell. Why shouldn't you like it and take good care of it? It takes you where you want to go; responds to all your whims and wishes. It may never win you any academy awards, but by gosh, it's all yours; and no law says you can't improve on it.

So you stand up straighter; shoulders back, stomach in, head high; and first thing you know, the crowd's looking up to you. They won't know exactly why and you won't be too conscious of that either-but that inner something we call self-respect is at work reflecting respect from others as well as yourself. Pretty swell guy you're getting to be. Everybody says so. Parents, teachers, pals. They can't help it. You ARE. But watch out now. That guy EGO is right behind you, demanding a share of recognition, ready and eager to undo your fine progress. Send him away quick, with the reminder that you might just as easily have been, by accident of birth, Sally or Joe over there with the deformed arm or twisted leg. Or if you happen to be a Sally or Joe, there are still so many other Sallys and Joes you might have been. Just be ever so glad and grateful you're YOU-and go on and on turning the very best inside you outside.

Nature always compensates. And in every twisted body,

she has vested a greater gift of talent or ability that needs only to be tapped and developed, which will greatly overshadow any deformity. Faith and a constant belief in yourself will bring all that out. Professor William James, one of the first of America's psychologists, always inspired his students at the beginning of each new semester with these few simple statements of hope and encouragement: "Let no youth have any anxiety about the upshot of his education whatever the line of it may be. If he keeps faithfully busy each hour of the working day, he may safely leave the final result to itself. He can, with perfect certainty, count on waking up some fine morning to find himself one of the competent ones of his generation in whatever pursuit he has singled out. Young people should know this truth in advance. The ignorance of it has engendered more faint-heartedness in youths embarking upon arduous careers than all other causes put together."

Thoughts like those borne in mind don't leave much room for thoughts of self which contribute nothing to the future, and might well lead to indulgence in dubious physical pursuits. Sincerely pursued, such thoughts can put you way out front, head and shoulders above others. To maintain them, you must develop all sides of yourself—mental, physical, spiritual.

Don't let your grades fall in an emphasis on sports or social popularity or self. That's WRONG and you know it. Divide yourself and activities evenly over the school years and strive always for the perfection that is in all

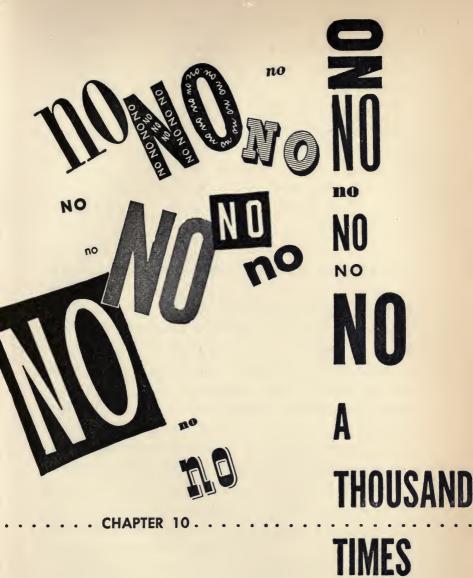
things and yourself. Parents and teachers recognize that spirit; and friend or foe alike must bow in admiration of it. What's more, no one denies a desire to emulate it. Hard work and a strong will make it happen.

On the other hand, don't be the "bookworm" and honor roll whiz pointed out for your learnedness, not lovingly but as one might point out a curio. That's just as one-sided. You must guard against spreading yourself so thin in any one direction that you've nothing left over for fun and others.

Arthur Murray, once a shy, nose-in-a-book scholar, realized he was fast becoming a social flop and learned to dance. Then he remembered all the others in his same boat and borrowed money enough to start a mail-order dance course, so they could benefit too. He found a fortune in their social successes, and became world renowned via the ballroom. He didn't do that sitting around brooding about his popularity or lack of it.

Moral of this whole chapter???

It took two to make you—why try to change the scheme of things all by yourself?



"no"



I feel a sermon coming on. I'll make it brief, you make it stick.

This is serious business, not lightly broached. It comes under the heading of the Right and Wrong Department. You've heard a lot about it already; you'll be expected to apply it from now on. The world calls it MORALITY.

We can't define it in so many words, nor find it in the pages of any book. It's the limitless, unwritten law within and without all of us; and it's as definitely a part of life as the rising sun and the seasons in their rote, which no one thinks to question. It's within your own ability to feel and act in accordance with; and up to you to establish your own individual set of working principles, ethics or standards (call it what you will) based on your own interpretation of this law called MORALITY.

I warned you this would be serious stuff—probably the most serious you'll face while growing up.

Albert Schweitzer, one of our foremost contemporary thinkers whom coming generations will venerate, gives us an inkling of a definition in a simple phrase: * "Nothing else than reverence for life. It (my own ethics) affords me my fundamental principle of morality, namely that good consists in maintaining life; and that to destroy life is evil." I like to interpret his "life" as living and the finer things that living covers.

Borrow THAT as your basis, or the equally practical and practicable Golden Rule of "Do Unto Others." Both imply selflessness, while retaining completely selfish self-respect, which is instinctive. The "good" you do unto someone else is your own version of "good" rather than his—and it must therefore reflect back to you accordingly.

Naturally none of this profoundness applies to your daily dilemmas, such as: you love your blue dress better than the green one, but it looks best on Jane; and which one will you lend her? Or shall you take Judy or June to the dance? Go ahead and stew over these things blissfully. Whichever you decide makes no never mind ten years from now, or even tomorrow.

It's WHAT you and Jane do in those dresses and with the partner that matters, and where the doing leads you that counts. You'll ask each other's advice plenty about dates, where to go, what to do, how to act with so and so; but the YOU in you supplies the answers before you ask

^{*} George Seaver, "Albert Schweitzer, The Man and His Mind," Harper, New York, 1947.

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the questions; and what really happens afterwards, nobody but those involved ever knows.

What all of you fail to realize is that it takes two people to make one date. And the same date with different mates makes all the difference in the world. So we get right back to Y-O-U as the basic ingredient in any given formula. You can't possibly duplicate any one else's plan for success; nor can you expect everyone to react or respond identically to your ideal idea. What works on and for one guy, won't work at all with the next. Get me straight now: I'm not saying you won't adapt many of the very swell rules laid down by your pals to suit your own purposes. I'm saying that once you adopt them, they become YOURS because you will have put a slightly different interpretation on them and adjusted them to your own way of thinking. They're YOURS then by virtue of your "reverence for life."

That's why mom and dad and teachers all stress Variety in your life right now. Variety of thought, variety of exposure to the principles of others, variety of dates and friends and hobbies. Because from each of them you'll choose the good things to add to yourself.

Since this isn't a philosophy or guide to manners, we'll get back to the facts of life and dwell exclusively on your sex conduct, which also emanates from the same principles of right and wrong, good and bad . . . again your "reverence for life."

Kissing, embracing, and petting are due right now to

become a big issue in your life. You can't afford to be indifferent about any of the three.

Kissing's a mighty fine thing with a definite place in everyone's love life. Once, it was a spontaneous form of self-expression denoting genuine affection or devotion. As such, it is still a very nice custom. But the relatives and the girls who call each other "dahling" and don't mean it, got hold of the idea as a form of social greeting and really botched it up. So that now the peck you get on the cheek or brow from them is about as inspired with feeling as the cold "spaghetti worm" you're made to touch during initiations. They've turned it into one of those absurdly meaningless habits, which ought to be abolished. Since that's the kind of kissing you're familiar with, by the time you get around to kissing on your own, the whole idea seems pretty blotto—and you'll have none of it, thanks.

So, all right, don't. But you'll mellow in due time and one bright, moonlit night you'll wholeheartedly endorse it as a mighty good idea. For kissing has many variations on the single theme of self-expresison, ranging from that duty kiss, to friendship, to passion. The first is the above family affair that you're all fed up with. The second is the one you're probably in the throes of. Kisses between best friends, first dates, those of experiment, impulsive ones of joy or even sorrow. But the latter you won't feel for a long time, until you've mastered complete control and full coordination of all your mental and physical faculties.

The word passion is misused above in lieu of love; and

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purposely so, in order to clarify the difference between the physical and mental sides of this strong emotion called love. The purely physical urges of sex and its gratification can be summed up as passion, while the mental feeling of reverence and tenderness more clearly defines the real love. Passion then is any unleashed emotion, which can temporarily control a person, if not kept in check. Anger, hatred, pain, fear, desire-all are strong emotions which can mount to the apex of passion causing one to kill, torture, fear, violate, rape, etc. It's a frenzied state of mind to be guarded against at all times, for it's emotional stability that produces tranquility and renders us easy and nice to live with. And that stability comes only through exercised control of the feelings . . . no matter what your age. Surely then, no keen teen will be concerned to such extent, so . . .

Let's go back to kissing some more. Being a means of self-expression, it necessarily becomes a highly individual art. It's a part of you, something you "give" and receive; never "take." Nice people don't grab or demand or even want what doesn't belong to them, so grabbing kisses isn't going to be a worrisome item in your date life, if you'll remember just that. Neither are kisses something you are "expected" to give for the sake of being popular.

The feeling that prompts any action is what really matters. And intense feelings (your true emotions, wise and mature) come only with the experience of much living and a deep awareness to life around you. How then can there

be much doubt in your minds about kissing? To kiss or not to kiss is therefore not your problem. It's the girl or the boy, their worthiness of such a gift, and your true young feelings at given moments, that must govern your conduct. After an evening of pleasant entertainment and association with a special person, a parting kiss is most certainly enjoyable and even desirable to both of you, if you happen to think of it. It will be given then and most naturally received, without any buildups or advance signals, as a completely spontaneous gesture.

If you're a boy, don't think a girl will think you're a prude if you don't want to or don't try to kiss her the first time you take her out—or ever for that matter. I added "try to" because of what we just settled. There can't be any attempts made, IF the gesture is one of friendly, spontaneous compliance, now can there?

No girl minds being or not being kissed once she's your pal. Chances are, she'll appreciate you more if you don't kiss her the first time out alone. Because I'll let you in on a very feminine secret: most girls are scared stiff at the thought of being kissed for the first time! Besides you'll probably both be too busy getting better acquainted and having fun to bother much over kisses. There's plenty of time ahead for all that; and girls are usually more unconcerned or devoid of thought on that matter than boys. Some, of course, will indicate a desire or even demand to be kissed. But it's forever your privilege, boys, to decline.

Something else important needs settling right here

though: Lots of girls sit home moping around for lack of dates. A state they attribute to their own rigid maintenance of "decent" morals. We don't believe that's the reason they're undated at all. Neither do their friends.

Boys by nature, facts and statistics prove it, are a lot less aggressive than girls. They don't get "fresh" unless a girl provokes a "pass." What happens after that is a lot of different stories, I'll agree. But somebody has to start the ball rolling. Sometimes it's a suggestive movie, another couple, an off-color joke, but whatever: even then the most wolfish wolf gives up when his prey won't play. That doesn't mean though, girls, that you have to deliver a tirade or slap his face to defend your virtue. Merely employ a little ladylike reserve and the light touch. This is straight from the mouths of some of the most popular teen queens I've yet met: "It takes two enthusiastic participants"-"No boy stays interested long in a one-sided game"-"Any boy's ardor will cool when he meets with friendly resistance." And vice versa: the boys state they stay chaste when chased.

No siree, the girls high on date lists and always in demand are not the "smoochers." So kids, and this includes both sexes, if you're unpopular with the crowd and each other, better think up a newer, less corny, alibi with which to excuse yourselves. But better still, develop some solid date-bait personalities.

Be interested if you expect to be interesting. Be fun to be with, if you'd have fun. Forget Y-O-U, and concentrate

on making your date comfortable-put his or her enjoyment ahead of your own. Talk plenty, only if you have something sharp to contribute. . . . And I don't mean gossip, that just hangs a danger sign on you, and makes anybody afraid to confide in you. Ask questions and LISTEN if you're out of conversation. Good ears lend a lot of charm and oft-times turn a dull companion into a lifelong friend. Also girls: Don't forget that a boy's young feelings are much more quickly aroused than yours. Therefore, it's never nice, nor wise, nor very sporting, to tease or lure your escort into a tempting situation with a flirting, comeon attitude; and then laugh or yap him out of it, or try to prove that your virtue is above reproach by playing offended innocence. Smart chicks know you can't attain respect or dates with such tactics. Play it fair and square. Then if you really find a date too hard to handle, depart with ladylike calm and precision and go home alone. Refuse all further dates with him too, even though he proffers apologies. Whatever happens, you don't have to be putty in anybody's hands.

If you heed all this, you're bound to keep kissing in the high place it deserves; and then, boy or girl, you'll be esteemed and respected by your fellows.

Embracing is another of the spontaneous impulses like kissing. You suddenly feel so good you ooze affection for the whole world. You passed a hopelessly stiff exam, you got that increase in allowance, or the family car for your date tonight—so why shouldn't you throw your arms

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around the nearest pal in a good tight hug to express your exuberance at good fortune? You certainly should!

Holding hands is also another way of saying "I like everybody today, especially you." It's a sort of hangover from babyhood—a kind of possessive dependence for affection on someone you like a lot. Sometimes you'll touch hands to express sympathy, condolence, comfort, or for reassurance during a bad time. It's just a nice, affectionate attention everybody likes. An excessive or promiscuous laying on of hands, though, is far from good taste, or desirable, and never likely to be appreciated by anyone at any time. So, if you would be popular as a boy or girl friend, DON'T be guilty. Petting and pawing are not for most of us, adult or adolescent, unless the intent is to go further.

Now you want to know-How far is "too far"?

The answer to that is entirely up to you. Unfortunately there can't be any handbooks or rules anatomically charted at the stop zones to guide and guard you. Your conscience ("reverence for life") waves the "far enough" flag in plenty of time to stop, as you near a danger zone. Your emotions flash a final feeling to let go, giving you a second and last warning. Then the next step is "too far"—you can't get out. It's risky to get caught between signals.

Play it smart and stay way ahead of both. You're not dumb bunnies and you're plenty hep to the difference between Right and Wrong. You know darned well that sexual experience or experiment is not for you right now. It has

no place whatever in the scheme of growing up. Its only rightful place is with marriage in the adult world. And even there, sex without love is unworthy of indulgence. Alone, sex is merely a quest for physical satisfaction—anyone will fill the bill. With love, and the right person, it can and is a fulfillment of life—a foundation for home and future happiness.

If you're inclined to doubt any of this in the midst of today's glamorous confusions, then look at it still another way. The weak-willed sap or smartie who goes "too far"—boy or girl—awakes one day with the piper to pay. The fee is high, requiring all he has, leaving family, friends, and society to foot the remainder of the bill for his sex demeanors. Just how high and how likely this is, you'll find in the next chapter.

Sure now, from puberty on, there'll be temptations galore—physical urges and mental desires—to test your character, along with myriads of glossy delusions to undo your resistance and break your will power. For learning without application is a useless thing. The truth always cuts through, you can't hide your digressions. And hollering "nobody told me" excuses nothing. Nobody has to tell you some things—you "feel" the rightness or wrongness of them inside.

Over-indulgence in kissing can lead only to the dark corners and the progressive gruesome twosome stages. You probably won't be tempted to waste your valuable, busy time here either—particularly if your head is screwed on right. Because you already know there isn't enough

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time in the active life of busy beavers for such social blundering. I'll admit it goes on all around you; but you'll admit you're the first ones to point it out as disgusting. And it's almost always the most unpopular ones who are guilty, and they smooth in defiance at being cast aside socially. So skip the lip service and public displays, lest your dating rating drop below par.

Even if you're okay in your own ideas and ideals, be careful you don't become a victim of another's weaknesses, and allow yourself to be taken advantage of. It can happen almost without your being conscious of it. So if you suddenly find yourself in the company of a boy or girl who insists on getting you into dark corners, hiding away from the others, absorbing you with all his or her attentions and demanding all yours in return, BEWARE! Drop them fast, and hurry back to the crowd.

Aside from being cut off from all the fun, and dropping and being dropped out of circulation, these secret in-the-corner sessions are fraught with real danger. For prolonged kissing rouses the emotions. Hands begin to wander and explore, awakening dormant sexual desires. And first thing you know you'll have gone too far to stop. You'll have lost control and nature steps in to collect her toll.

Such petting, brought on by excessive kissing, is one of nature's traps designed to snare all of us into doing her bidding. It's a beautifully woven trap in its rightful place—which place as we know, is best kept within the bounds of honest love-making preliminary to marriage and mating. Out of that place, it's loaded with dynamite which only an

expert can handle. Darned few of us ever achieve that degree of expertness at any age.

So what are you waiting for? Hang out the "NO TRES-PASSING" shingle on the framework, and leave it there through school days and dating daze. Keep yourself to yourself until you're dead ready, willing, and able to face the responsibilities nature and the world will thrust upon you. It's much more fun, and grown up too, to be able to look those responsibilities straight in the teeth with both eyes open and know full well that you assumed them because you wanted to.

You have but one short life, no matter how long it is, and only one body to live it in. It isn't, therefore, very smart to mess it up the moment it becomes yours. You'll only have to live with "I told you so's" forever after.

We've tried very hard here to destroy any Hollywood illusions about life, love, and the pursuit of happiness that you may have falsely acquired. Those torrid love scenes, the happy endings and giddy irresponsibilities so thrillingly and blithely portrayed on the silver screen and between the pages of the best sellers vanish awfully quick, when the lights come up and the book is closed. Nobody has yet contrived a way to snag one or drag it into the confines of his own four walls for keeps. So don't you make the early mistake of thinking you can either.

You won't miss a thing in life if you stick to your studies, have fun, and be good to the teen theme of "No, No, a Thousand Times NO." . . . Are you singing?



TROUBLE,
TROUBLE,
TROUBLE



Draw breath, pets, the sermon's over. We've only to sound the last warning and you're completely on your own.

The best of us are far from perfect, no matter how straight we try to set our halos. So nobody expects you to be angels. BUT we certainly are emphatic that you try your best to keep out of trouble, for your own future's sake as well as ours. Not an entirely benevolent emphasis either; because when you stumble, ours is the unhappy job of picking you up. Life is like that.

You know now how easy it is to slip into trouble, but I wonder if any of you realize the full import of that one short word, or just how closely it affects everyone around you?

Character, as we've seen, is the product of your own thoughts and actions; the YOU that you yourself fashion

and have to live with forever after. That's WHY all the preaching and screeching we do at you. We want you to take your time to fully understand the important things; to wait before you pick and choose the things you build with and for; and most of all, to avoid greedily grabbing samples and overeating before the main course is served you.

We just detailed the fact in the last chapter that kissing isn't wrong. It's nice and normal. It's desirable and right. Kept in its natural niche, it can cause you no trouble. Overdone, it sets you off on a tangent of illicit sex indulgences which may spell only grief for you, family, and friends.

The results of such are sketched in exaggerated form from here on, the better to contrast the advantages of keeping your personal slates clean.

A triple-header of shocks awaits the eager beavers who insist on turning deaf ears to all adult warnings. They'll awake to one or all three one black morn, in exchange for the few fleeting moments of stolen experiences that, in their immature state of development, can't even be classed or remembered as pleasurable. You know them already: an illegitimate child; an abortion; or a social disease.

Of course, say some, there are ways of averting all three. So there are. Though you'll do well to remember that no contraceptive (illegally sold to minors) is one hundred percent foolproof. Neither are they healthful—mentally, morally, or physically. They compromise mental outlooks and

TROUBLE, TROUBLE, TROUBLE

jeopardize physical reactions. We must lie and sneak to buy them; hide and drop from sight to use them. At first it may seem clever outsmarting people and outwitting nature. But in the long run, the opposite proves true.

Comes a day: The errant girl finds herself pregnant. The erring boy is named. From then on, both are social outcasts in their immediate circles. Their school may be understanding, but for the moral good of other students, it must necessarily expel the guilty pair. Both sets of parents suffer. The couple themselves are dealt a crippling blow by their ostracism, for all maturing characters need association with others for proper growth and development. Chances are they are made to marry. Having no basis for real love, with not even a mutual respect between them from the start, a relentless bitterness bordering on hatred is nurtured by this forced proximity. Each blames the other, aloud or inwardly, for his present unhappy plight. And a child comes into the world unloved, unwanted, undeserved. Separation and divorce become inevitable. But that can never right the wrong, nor can it erase the harm to the child, nor alleviate the mental misery of all three. Not a very pretty picture, is it???

Of course, sometimes the boy gets off without marriage. But unless he's a complete moron, the incident will hang like a long shadow over his happiness. The girl may be sent away to have her baby; but the world doesn't soon let her forget it. She'll suffer humiliation and shame for years to come; because somehow the female is always more

severely censured than the male. And the man she might someday want to marry may not entirely sanction or forgive her early misfortune. Every girl owes herself a better break.

For the sake of argument, let's suppose that the girl wants to keep her child. HOW could she possibly do iteconomically speaking? (We're excluding the very wealthy angle here, and assuming that our unwed mother is from an average-income family.) The folks may generously ignore society's frowns and move over to provide living quarters; but should they also be financially obligated for the quite expensive necessities required by a growing infant? So the young mother gets a job to do her own supporting. But jobs today don't pay enough to inexperienced youth to raise a family on. Even if they did, what of the baby? He needs a mother's full time and attention and love you can't hire a stranger to give him. Grandma? Should she be asked to give her own time, even if she is willing? Is that fair after she's raised her family, and particularly under such circumstances? Put him in a nursery then, and try to make ends meet on the small salary? Neither mother nor child can profit from the natural closeness both are entitled to, and they grow apart anyway. No matter how you try to look at it, the unwed mother and her illegitimate baby in our present social system can't live a normal life. A baby needs and should have a home to grow in; a father to earn his living; a mother to care for him full time; and both a mother AND a father to love and cherish him as

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part of themselves, until he's old enough to make his own way in the world.

So adoption of her child is the kindest and simplest way out; but remorse hangs in the offing to overtake the young mother at a later date. And the child needlessly bears the cruel stigma of illegitimacy. Foster parents, adoption agencies, and a crusade of enlightenment are doing their utmost to wipe out this unfair stigma—but it will take many more years to re-direct public prejudice.

Possibility number two:

An abortion. That somehow isn't even a pleasant sounding word. And its meaning is far from conducive to either health or happiness. The girl foolish enough to fool around and get trapped would be wisest to suffer the first penalty than resort to abortion. But no, she has chosen this way out. So first she'll find some stuff to take which will cost a lot of money. But that's nothing IF it works. Only it won't.

Be assured once and for all, there is no known medicine that will induce abortion. You'll hear of all sorts of them—pills, capsules, pastes, injections. Don't believe it. Medical science is agreed to a man that no such medicine exists today. And filling your system with these supposed abortive agents will only weaken you, might permanently disable or even kill you. Blood poisoning, hemorrhages, gangrene, heart failure—are all readily yours from the contents of the bottles and surreptitious prescriptions. And all the while nature clings tenaciously to the new life within you.

So now our victim is frantic. Got to find a doctor. Tears, hysteria, whispered confabs with confidantes, furtive trips to dingy, side-street addresses, unafforded cash on the line, and finally she's got a deal. And what a deal!

The curette operation, illegally performed by unethical doctors and untrained midwives at an exorbitant fee, is the last foolish alternative. It consists of opening the cervix and scraping the embryo from the womb. A fearfully painful performance. It'll be done primitively with half-sterilized instruments, in drab surroundings. No anesthesia or kind words accompany it to ease the fears and pain. Never is the guilty administering to the guilty a pretty sight, nor one of compassionate kindness. Here again on an improvised operating table, the same dangers and risk of life are present in even greater numbers. There is all likelihood of infection from the non-aseptic tools and surroundings; hurried and oft-times incomplete performance of the operation by a worried quack one step ahead of the law; hemorrhaging from internal injury or nervous shock; and no aftercare. For hurry, hurry-in and out fast-is one of the terms of the bargain. The chances thus taken add up to possible quick death right there, permanent invalidism, or complete sterility. We read almost daily in newspapers of women dying in just such circumstances, or in great pain from blood poisoning several days later; of doctors being arrested and whole abortion rings being intercepted and broken up after months of sleuthing to find them out. Every year countless hundreds of women die or are disabled as a direct result of abortion. Is it worth it???

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I'm sure you'll say it's far wiser to avoid the causes rather than have to face and rue the results the rest of your days.

Of course, that's the ugly side of it. There is also the very legal, therapeutic abortion, entirely separate and distinct from the above criminal procedure. This is performed by reputable specialists in hospitals, whenever a pregnancy would endanger a mother's life or stillbirth (baby born dead) seems imminent.

Last come the social diseases: gonorrhea and syphilis. They are so-called because they involve not only the infected person but affect his family and society as well. Both are highly contagious with serious, long-lasting aftereffects. And both are contracted through sexual intercourse. There is the extremely slight possibility of being infected orally or through very close contact with a diseased person, where you'd be using the same towels, drinking glasses or eating utensils, or through open sores or breaks in the skin that the germ might enter.

Sometimes boys and girls are victimized by depraved men and women—the derelicts of society—who are quite often carriers of these diseases (immune themselves but capable of transmitting the germs to others). You can't, therefore, be too wary of any older person of suspicious character who is ardently solicitous of your affections and indulgent with gifts or attentions. They're likely to be diseased, degenerate, or among the homo- and bi-sexual unfortunates . . . none of whom you want to be mixed up with. Of course, if you insist on sticking your neck out, pooh-poohing warnings, you're not entitled to much pity.

And also, boys, you can't be cautioned too often about prostitutes through whom most of these diseases filter. DO stay away from them. Gonorrhea asserts itself quickly, within three days to a week after exposure, although the germs settle down to work in a matter of few hours. More discernible in boys than in girls, it is caused by the gonococcus germ, which flourishes and spreads rapidly through the moist, mucous-membranes of the genital tracts of both sexes, accompanied by a bloody, catarrhal discharge. It may even seek growth in the linings of the eyes, causing blindness and necessitating removal of one or both the optic organs, should infection occur or be transferred there. Contrary to much misinformation, this disease should not be considered as lightly as it often is. I've heard the expression many times: "Gonorrhea is no worse than a bad cold in the head." True, medicine has developed quick and effective methods for dealing with it, but that is a foolishly dangerous conception of this devastating ill, which can leave serious complications in its wake.

In the male, gonorrhea quickly attacks the urethral canal, usually causing stricture (closing) of the passage, making urination extremely painful, and will be accompanied by swelling and much inflammation of the genitals, unless it spreads deeper and affects the bladder and prostate gland. Allowed to continue, it reaches the testicles resulting in sterility.

It is even more disastrous to the female. From the local vaginal infection, the germs generally travel backward into

the uterus, tubes, and ovaries, causing severe peritonitis or deep-seated infection which requires operation for the removal of the diseased parts. Sterility is most certain to follow; and on complete removal of the female organs—tubes, ovaries, and uterus—artificial menopause results with its continuous ill health and accompanying nervous disorders.

Home remedies are ineffectual at best and difficult to administer. Prompt medical attention, received at the onset, can avert much of the discomfort and ward off lasting effects.

Fortunately syphilis, a once dread disease, has been brought under rigid civic control. New scientific treatment has cut its cures from the then two long years and more, to within but a few days in many cases, depending of course on the severity and the stage of infection of the patient. In 80 percent of the cases, cure is complete; while with the remaining twenty, progress is definitely arrested. Medical records are full of case histories which are now public domain; and city information and health clinics issue and distribute pamphlets for the asking, which tell you all you want or need to know to stay far away from contact with the subject. Frequent blood tests in schools and industry, pre-marital tests, and public dispensaries as well as extensive educational programs have all added up to curbing and controlling the spread of syphilis; and for once, the public has responded with open-minded co-operation so that few cases remain at large. So chances are, you'll never meet it face to face in all its ugly horrors.

However, so you can't say nobody told you, here briefly is a summary of the three-way course it runs and the human damage it wreaks:—

Its cause is the very virulent organic parasite—spirochaeta pallida—which advances in three distinct stages, spreading rapidly to all parts of the body and eventually attacking the vital organs, bones, tissues, blood vessels, brain, and nervous system. The first stage is evidenced about six weeks after inoculation, by painless chancres or open running sores usually about the genitals and loins, lips and tongue. They're always ugly and unmistakably syphilitic, signifying that the disease is already rampant in the system.

The second phase, and most highly contagious one, is marked by a general skin eruption in the form of angry red splotches, raised burning lumps, or septic pus-filled sores; accompanied by a sore throat and moldering patches on the roof of the mouth. It also quite often attacks the hair follicles, with characteristic loss of hair. It ain't purty, kids.

Next, after dragging on for years, it progresses to its final or tertiary stage, culminating in death. Here we find a general structural breakdown and disintegrations of bodily tissues, fibers, and functions. Teeth, nails, bones, eyes, lungs, liver, blood vessels, brain, and nerves, now all fall prey to its final vicious onslaught. It is painful only to those witnessing it. Putrid guma lesions spread over the skin's surface, varying in size from a pea to a platter, laying whole portions of the body bare to the bone. Locomotor

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ataxia (loss of voluntary muscular co-ordination), paresis (brain corrosion, insanity) or rupture of the blood vessels quickly follow, any or all of which usher in merciful death.

A baby can be born with congenital syphilis, meaning that his mother was infected and transmitted the disease to him during pregnancy. Extensive skin eruption, stunted growth, bad teeth, malformation of bones, mental subnormalities, and muscular spasticism, are forms congenital syphilis assumes in infancy; while babies born of mothers infected with gonorrhea may have the disease transmitted to them during delivery and generally enter the world blinded.

What right-thinking, right-doing person would ever want to be responsible for such things?

And that, kids, is what COULD be, painted extra black, of course, to keep you far, far away. It's meant also to make you recognize a tacit obligation to society to avoid having any such fates befall you.

The world doesn't end because somebody makes a mistake. It does point a long finger when that mistake is avoidable and foolhardy, as any of the foregoing wittingly committed would be. But the world is also a very forgiving place to live, when you're willing to plead guilty and express desire to correct the wrongs committed.

And it's time you knew: Parents are the most HUMAN people in this world. But they, like the rest of us, expect you to use the brain you were born with. After all, you are a part of them, and your future happiness constitutes a

big hunk of their life plans. You can always be sure of dad and mother to stick by you through thick and thin. Just don't disgrace them unnecessarily. And if your foot should ever slip, please go to them FIRST.

Fellas: Dad was young once himself. He knows all the problems you're going through to grow up. If in a rash moment you let yourself get out of hand with a dubious choice of partner, it's best to beat feet to him fast. He won't like it, but you can count on him to get you to the right doctor right away. Gonorrhea settles down within a matter of hours, and you've just read what it can do to your system once it does. Treated in time, and that's immediately, you can avert serious complications.

If you're too ashamed or afraid to confess at home, then do have sense enough to go straight to your own family doctor. He'll keep your secret. DON'T try to treat yourself. DON'T let a pal guide you to a quack who'll make a production of treating you, keep you coming back for more, and scare the life out of you in the bargain. If you've been wrong, then do this much right.

And girls, you too: Go to mother right away. After her first shock, she'll love you just as much as ever. And telling her quickly is so much better than worrying alone, and having her discover for herself what's wrong with you. She isn't blind, you know, and you can't keep a secret like that very long. Just please don't ever be foolish enough to take any kind of pills. Re-read the first paragraphs of this chap-

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ter: THERE IS NO KNOWN MEDICINE THAT WILL INDUCE ABORTION. That's straight dope from the medical profession itself.

And both of you: Remember too that secrecy about your troubles or unethical medical treatment of them can ruin, not only your own lives, but those of your parents as well. Nothing you do is so bad that some good can't still be salvaged. Whenever you suspect trouble of any nature, PARENTS are the people to go to. That's why you have each other.

One last little warning: If you're inclined to be at all amorous, lay off the liquor. It only makes you more so. Even if your folks permit you to have a drink or two, and I'm sure that's only in their presence or at well chaperoned parties, it's best to let it alone. It's tricky, treacherous stuff; and very few teenagers could carry it well even if it had handles on it. It's gummed up more adult lives than any-body cares to think about. So what makes you think you are any smarter?

And a last and final DON'T: Don't be restive about sex. Don't believe all you hear about the experiences of your associates. It's mostly sheer braggadocio to get your goat.





CHAPTER 12

CALLING ALL PARENTS



Now you're really "in the know" on everything; and you're strictly on your own from here on out. My gosh, how you've grown!

The older folks don't tell you what to do any more. They just watch from the sidelines now, rooting for you and sometimes daring to offer stray bits of practical how-to-do-its which they hope you'll follow. Maybe you think you won't need that advice any more? Just you wait and see.

There'll be times aplenty when you'll even ask for it. If you're really sharp you'll cultivate the *advantage* of talking things over with the folks right from the start of dating, before any heavy problems can settle down like concrete. Because unexpected items galore will gang up to devastate your pretty new outlook and throw those fine theories into a tailspin, unless you're careful.

You never hesitate to ask for those extra bucks before

allowance is due when you're caught short with a heavy date or need new nylons. Why not adopt the same policy of adding to your mental funds when they run short? Dad and mother are swell old sentimentalists, who are touched to the toes at being asked an advisory favor. Of course, you'll take this advice with a grain of salt—but it never hurts to check a plan of action with the experts first. From the first date till your last (marriage, not the cemetery) parents come across with the car, extra dough, new clothes—all the help you need to make the best impression on your partners. So why shouldn't they also share with the heart?

Now you've found yourself. You're really alive and out of the shell. You're in love with love and the whole wonderful idea of living. There's parties and proms and a whirl of gay excitement. Dates, dates, dates—and then more dates. Even too many is not enough.

I've just watched a teen—our next door neighbor, now fifteen—emerge from her cocoon. She's either never home or has a houseful of boys and girls every day, every night. Her parents, fearful she'd never have a date because she was always so uninterested in boys, are now delighted; she's lost weight and looks a little tired, but life is wonderful!

You can't just disappear to show up spasmodically for meals and to go to bed, though, and not expect a banshee wail from the folks about seeing so little of you. We just went over how it feels to feel "left out" and discarded like

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last year's fashion. Don't be so fickle with the folks—they don't deserve it. They took you to movies and stayed home to play cards with you, didn't they, while you were moping around dateless? Sure, they have their own social life, but you're still a part of the same family. They'd like you to remember that and act the part once in a while.

So gentle down and bring some of that fun home with you. The folks aren't anti-social either. And the house, no matter how small, is always somehow big enough to manage an evening's entertainment and accommodate the crowd, however large. You can always throw a sit-down affair and rent an old movie, instead of a roving treasure hunt or barn dance. Use your noodle.

Your favorite magazines and any number of new books contain swell party ideas for all sizes and shapes of affairs, complete with floor space plans and kitchenette menus. There are absolutely no limitations or crowding on fun; so get the habit of bringing everybody home—one at a time or in droves.

You owe this much to both your friends and family. We all like to know where you come from and how you look from where you come. You'll seem much more like yourself after we've had that look.

And stop thinking mother and dad won't co-operate and add to your mirth. Do you suppose they never gave par ties when they were your age? Of course they did. What's more they'll probably contribute some swell ideas from

their store of "how we used to do it." The old is ever new, you know—look at the clothes you're wearing. And if your parents want in on the plans, they aren't snooping. They want to meet and greet the gang and then retreat to their own room or a movie—that's all. And that's just good manners. Where are yours that you don't recognize and appreciate that???

Just be careful in your carefree partying, that you don't usurp the house entirely. The rest of the family has some rights to it too. So co-operate and take a turn around. Don't invite the bunch the only night dad planned to have his pinochle club over—or the very afternoon mom usually has the girls for bridge. Check everybody's dates enough in advance so that nobody is disappointed or has to call the whole thing off. Living with parents can be lots of fun if you play it right.

As time goes by, the novelty of all this go, go, go will wear off and you'll taper down to less strenuous, more routine do. You'll be glad to settle for double dates at home or on the town instead of the boisterous mob. Then you'll become much more serious about your choice of dates.

Page mom and dad—they can tell you. If your date rates with them, he or she's okay for repeats. If they object, before you decide they're picking on you, the fuddy-duddy tyrants, think it over carefully. Only a dope stubbornly

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persists that wrong is right because HE says so—and you're no dope.

If the folks think a certain companion is not for you—trust their mature judgment—and drop that one. There are so many dates in your young life that one more or less is not worth a family feud. Besides, variety should be the spice of your date-life at first. How else can you know what you want without a basis for comparison and value?

Enlist the folks' help too, if you're having a hard time picking dates for special occasions. If they know, as they should, all your friends, they'll know whose qualities go best to what affairs. Jane or Joe are swell jalopies for tennis and dungaree dates at the drug store. Alice and Steve blend best at formal festivities. Betts and Butch go dutch on everything, fit anywhere, any time. It's good to have such an assortment of dates for assorted purposes. You'll give and take from each other the best from both—and one fine day you'll find someone you think possesses a combination of everything you liked best in your varied friendships.

Parent-SELF differences over dates usually don't develop until you reach this stage of deciding to go steady. So pull yourself down to earth and listen to them, if they protest loudly about your choice. They aren't in the same blue mist as you, and consequently from their place on the fence, they see better. It's not because they want to oppose or deny you pleasure or run your life. It's rather to

spare you unnecessary headache and even heartache, because some steadies can develop into an awful pain.

If you feel certain mother and dad are wrong or unfair or prejudiced in their judgment, the best way to prove it all around is for the four of you to spend an evening together at home. The folks will play it straight. Invite your friend to dinner and spend the after hours talking, playing cards or records. It's the best test for manners, moods, likes and dislikes you can name. Sportsmanship and character come out in the way a person plays a game-personal preferences bespeak themselves in a choice of music-manners show up at the table, on arrival and at leave-taking-likes and dislikes are unconsciously expressed in conversation. Everybody's on his own on an evening like this-and you shouldn't feel the least bit apprehensive about subjecting any right-thinking person to meeting your folks and surveying your home life. As a matter of fact, you should be proud to show off your date and be shown off in your natural element. If the folks were wrong in their opinion of your friend, they'll be the first to admit it. If you are, the reasons will have spoken for themselves. No harm done anyone.

Now, make like the invisible man for a minute, please, kids. I want to talk to the folks alone.

Mighty swell offspring you got there, Mr. and Mrs. America. You can feel darned proud of your job so far. But it isn't finished yet. The kids are people now and you have

to let go a bit. They belong to the world of tomorrow. But if you've done your part well, it's you to whom they'll always turn in times of joy and sorrow. It's you with whom they'll always share their gains and their losses. That's the treasure yet untapped in store for you. It's greater still than the wealth of their babyhood. They're really YOU—projected into the future. Looking at them from now on will be like glimpsing yourselves in a mirror—seeing reflections of your own hopes, desires, ambitions, loves, and hates.

Just being a father and a mother didn't make you parents. You had to earn that title the hard way. Through love, attention, sacrifice—a thousand and one little ways. Don't lose it on the threshold of their maturity. In their new-found independence they may break away a little.

But now's your time to be the best friends they'll ever have. They need you just as much while trying out their wings as they did holding your hand learning to walk. But they need now more than just the things money can buy—the clothes they wear, the food they eat, the schooling and allowances are not enough. They need the whole wealth of your love and understanding.

Physically they're strong—you saw to that. Emotionally they're fledgling—you must be their strength. Supervise and share their fun, but don't try to have it for them. Manage and direct their dates, but don't begrudge them and please, no "in my day" denunciations. Analyze and reason

out their problems, but don't hurl hysterical advice or lay down despotic laws. They're still your kids—but it's their life, not yours. Guide them still with a firm, fond hand, but let them lead the way.

It's very easy right now to lose touch. You've got to stay ever-present though absent. Don't miss any of their life's big moments: recitals, graduations, sports, school plays, etc. They're vital. Suppose you do have to cancel that bridge tournament or an evening with the Jones's. There'll be dozens more in your life. The kids are saying goodbye to adolescence and taking its memories into maturity with them. Life is never more serious than from the teens to the twenties. YOU remember.

All the little letdowns crop out strangely in later years. I never seem to forget one such example, all the more poignant for its light-hearted telling by a young newlywed—a small incident, sadly remembered. Mary, we'll call her, only girl of doting parents with two handsome older sons, won the biggest silver cup ever presented by an interscholastic debating society. She got it more to please the family than through love of oratory. So, well in advance of the scheduled contest, Mary notified mom and dad, reminded them daily, counted on their appearance at school. Came the eventual eve, success over great competition, applause, the big beribboned cup—no parents. She toted the prize home and waited and waited to show it off. Well past midnight she went to bed—still no parents. She ate a

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lonely breakfast while they slept late next day, and said nothing. Two days followed during which a wounded ego, pride, and spirit died a natural death—and then someone noticed the tremendous trophy perched plainly atop the mantel. "Oh that," shrugged Mary. "I won it in a debate." "Baby!" cried her mother, "that reminds me, when is your contest? Daddy and I are coming, you know."

Mary laughs to tell it now, but she still weeps a little with her eyes. Such are the small, thoughtless negligences parents commit that leave the biggest gaps in their children's lives. Little by little they break the bonds holding a family close—and the kids seek other ties. YOU remember.

Give them, then, just that little more time and attention—that extra fillip of devotion—like the extra candle on the birthday cake to grow on. They need it for future reference.

Come on back now, kids, and let's discuss your love-life. Of course, it could happen, though rarely, that two kindred souls meet and merge forevermore at a very early age like yours. Everything is in harmony right off the bat—minds, principles, emotions, even parents—all dovetail neatly to form a perfect unit for life. Such perfection almost always requires more maturity, more experience, more self-aplomb and readiness—gained only through varied contacts and associations. That's why most parents, most educators, most pastors, most psychologists say in unison: "Don't go steady till you've been around and flapped your wings a

bit. Get your own house in order before you invite others to share it."

Going steady, after you've had a variety of dates, has its advantages. It's comfortable and comforting. You can relax and let your hair down without feeling foolish. Your allowance goes further. You go dutch except on large occasions when the man always pays, and her cash goes on extra glamour. And from here on lies the trouble. You begin to take all that comfort and convenience for granted. Comes the inevitable split. One half moves out of town, or on to distant pastures, or longs for freedom for any number of reasons—and the happy routine is broken, with one of you lost till readjustment and a new companion is established. If you can just go steady with that idea in mind—that the good things can't and don't last forever except in memory—then you'll be okay. You're level and you'll fly right.

If on the other hand you're emotionally shaky and inclined to be dependent on the other half of your team—going steady isn't good for you for the very obvious reasons just listed. When the bust-up comes you'll bust up too. You've got to be steady yourself or going steady won't be fun.

After you've gone solo with a number of girls or boys, you are usually ready to go steady with just one. And first thing you know you're announcing the engagement with but a single purpose from then on—marriage. Teens, twenties, even thirties—it always happens like that.

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Don't be blinded by that thing called love which comes like a bolt from the blue. And don't try to push just anybody into that special dream mold you've been creating in your mind's eye ever since you outgrew the fairytale age and started dating. Real life prince charmings and beautiful princesses aren't just made to order. They grow and develop same as you. Neither can you make another individual fit into your individual dream pattern. It requires a very special person, like Cinderella, to fit your slipper. He or she will come along quite naturally to fill the bill, if you'll only WAIT. Don't dash out and demand any old misfit. In your haste, you feel like doing just that. And then instead of the smoothness you wanted, you get squabbling, or one or the other of you becomes possessive, or jealous, a nag or a doormat.

You just can't rush the real love. It happens when everything else is in order. You can push the physical attraction into a seeming romance, but you'll only wind up emptyhanded or holding the bag—and have to start all over again.

But what's cooking? You can't eat? You don't sleep? You're walking three feet above the ground? Can't wait to get where you're going? Loath to leave? Those are inevitable symptoms from where anybody's sitting. It must be love.

When it happens-keep the whole thing on the level, way above board. Tell mother and dad and the whole world-no secrets. Don't let anything creep in to mar its

perfection. Leave sex and the screen style love-making out of it till the marriage ceremony is over. That stuff's good in the movies but nobody lives with it. Trying to would be like eating steak every day. You couldn't—the monotony would kill you.

Marriage isn't a lark—it's deadly serious business. It's a contract for a life partnership; and no business ever prospered without both partners in there pitching equally . . . sharing and sharing alike.

Remember this when your urge to merge finally comes. And till then, so long, kids. I'll be watching and waiting for that invitation to dance at your wedding!

DIRECTORY OF ORGANIZATIONS

Offering Local Services to Teenagers and Parents

The following agencies may be contacted the year round for aid on personal, social, cultural, and vocational matters arising in home and community living. Many are national in scope, maintaining local branches which provide counseling services and/or recreational facilities for both teenagers and their parents. If they or their affiliated groups cannot render specific assistance or guidance, they will be only too glad to refer you to other agencies in your locale which can. Therefore, do not hesitate to call personally, telephone, or write to any one of them for advice or reference on personal, recreational, or civic matters.

Listings are necessarily incomplete; but full particulars

can be obtained by writing to main headquarters or area offices of those given. We quote directly, from their own material, the purpose and services of each group listed.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION

A Y. M. C. A. is a very good place to find people who are qualified and willing to help fellows and girls think through their problems. The local Y. M. C. A. secretary is most often a man who has had some special training in counseling and always he is sympathetic, understanding, and believes in young people. He makes it a point of knowing who the other men and women are in the community who are good counselors.

In every Y. M. C. A. there are groups of teenagers organized in Hi-Y and Tri-Hi-Y Clubs and teen centers who spend a good deal of the time during the course of a year discussing the kinds of problems that are presented in this book. These groups are open to any fellow or girl who would like to join.

Many Y. M. C. A.'s conduct regular counseling services. While some of these counseling centers specialize in vocational guidance, a teenager will always find a person who will lend a sympathetic ear and give a good steer.

Space doesn't permit the listing of the over one thousand Y. M. C. A.'s in the United States. However, the Y. M. C. A.'s in the following major cities would be good places to contact:

DIRECTORY

Atlanta, Ga.	New York, N. Y.
Chicago, Ill.	Philadelphia, Pa.
Cleveland, Ohio	Pittsburgh, Pa.
Dallas, Texas	Portland, Ore.
Davenport, Iowa	Providence, R. I.
Detroit, Mich.	Pottstown, Pa.
Fort Wayne, Ind.	St. Louis, Mo.
Hartford, Conn.	Seattle, Wash.
Los Angeles, Calif.	Springfield, Mass.

Additional information about Y. M. C. A.'s can be readily secured by writing to the National Hi-Y Fellowship, 347 Madison Avenue, New York 17, N. Y. (Telephone Murray Hill 6-1200).

Or you will get information and help more quickly by writing to the State or Area Offices in the United States; for these men are right close to you. Their responsibility is to help you. Address your inquiries to the State or Area Office closest your home:

STATE Y. M. C. A. OFFICES

Connecticut—State Y. M. C. A., 52 Howe St., New Haven Illinois—Northern: State Y. M. C. A., 19 South La Salle Street, Chicago. Southern P. O. Box 306, Carbondale Indiana—State Y. M. C. A., 307 North Penn Street,

Indianapolis

MAINE-State Y. M. C. A., Savings Bank Bldg., Waterville

Massachuserts and Rhode Island—Two States Y. M. C. A., 167 Tremont Street, Boston

MICHIGAN—State Y. M. C. A., 2111 Woodward Avenue, Detroit

MONTANA-State Y. M. C. A., Great Falls

New Hampshire—State Y. M. C. A., 39 North Main Street, Concord

New York—State Y. M. C. A., 2 West 45th St., New York North and South Carolina—Box 635, Hickory, North Carolina

Pennsylvania—State Y. M. C. A., 407 Calder Building, Harrisburg

VERMONT-State Y. M. C. A., 266 College Street, Burlington

AREA Y. M. C. A. OFFICES

CENTRAL ATLANTIC—Delaware, District of Columbia, Maryland, New Jersey, Puerto Rico:

Area Y. M. C. A., 45 Bleecker Street, Newark, N. J.

NORTH CENTRAL—Iowa, Minnesota, North and South Dakota, Wisconsin:

Area Y. M. C. A., 30 South 9th Street, Minneapolis, Minnesota

OHIO, WEST VIRGINIA-Area Y. M. C. A., 40 W. Long Street, Columbus, Ohio

413 Davidson Building, Charleston, West Virginia

PACIFIC NORTHWEST—Idaho, Oregon, Washington:

Area Y. M. C. A., 831 S.W. 6th Ave., Portland, Ore.

DIRECTORY

PACIFIC SOUTHWEST—Arizona, California, Hawaii, Nevada, New Mexico, Utah, West Texas:

Area Y. M. C. A., 715 S. Hope St., Los Angeles, Calif. Southern—Alabama, Florida, Georgia, Louisiana, Tennessee, Virginia:

Area Y. M. C. A., 706 Standard Bldg., Atlanta, Ga. Kentucky—State Y. M. C. A., 231 W. Broadway, Louisville Mississippi—State Y. M. C. A., Jackson, Mississippi Southwest—Arkansas, Oklahoma, Texas:

Area Y. M. C. A., 822 Texas Bank Bldg., Dallas, Texas West Central—Colorado, Kansas, Missouri, Nebraska, Wyoming:

Area Y. M. C. A., 114 East 9th Street, Topeka, Kansas

NATIONAL Y. M. C. A. OFFICES IN NORTH AMERICA

Dominion Headquarters in Canada, 21 Dundas Square, Toronto, Canada

National Headquarters in United States, 347 Madison Avenue, New York 17, New York

Supplies and program materials are usually available from your nearest office. Official supplies may also be obtained from Association Press, 347 Madison Avenue, New York 17, New York.

THE YOUNG WOMEN'S CHRISTIAN ASSOCIATION

The first teenage club in the Young Women's Christian Association was formed in 1881. Now there are over 275,000 modern Y-Teens throughout the United States. With this long experience to guide them, trained leaders in the Y. W. C. A. understand teenagers and can help with problems of growing-up either in group discussions or by individual counseling.

Y-Teen clubs and canteens are open to any senior and junior high school student. Members decide their own programs. Besides planning for fun, they like to talk over such subjects as "Are we prepared for dating and mating?", "Boys and girls together," "Going steady." Of course, an adult club leader is right there to help with the discussion and to secure specialists for more knotty problems. For teenagers who need individual guidance, there are trained counselors in Y. W. C. A.'s in many large cities. Any Y. W. C. A. can direct you to skilled help in your community if there is no Y. W. C. A. counselor.

If you are already a Y-Teen and want a chance to talk with other people about anything that bothers you, call your Y. W. C. A. office or ask your club leader. Whether or not you are a Y-Teen call the Y. W. C. A. and ask for the help you want. If there is no Y. W. C. A. in your town and you want to have a Y-Teen Club, write the National Board of the Y. W. C. A., 600 Lexington Avenue, New York 22, N. Y.

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Here are a few pamphlets that will interest you: "A Talk With Girls," Alice Collins; "Questions and Answers About You," Tirzah Anderson and Winnifred Wygal; "Have You Met Yourself?", Helen Southard; "Youth Together"; "Youth on Trial"; "Why Not Be Beautiful?", Ella Bache. All of these pamphlets can be secured from the Woman's Press, 600 Lexington Avenue, New York 22, N. Y.

THE GIRL SCOUTS OF THE U.S.A.

The purpose of the Girl Scout organization as stated in our Constitution is as follows:

- 1. Our purpose is to help girls realize the ideals of womanhood as a preparation for their responsibilities in the home and as active citizens in the community and in the world. In the realization of this purpose the corporation shall be the directing and coordinating head of the Girl Scout movement in the United States, its dependencies and possessions, and shall fix and maintain standards for the movement that will inspire girls with the highest ideals of character, conduct and attainment.
- 2. The program of the Girl Scout movement is open to all girls. It shall be built on educational lines, giving girls an experience in making and carrying out plans based on broad fields of interest. It shall encourage a love of outdoor life and practical knowledge of

health. The activities shall aim through comradeship to develop initiative, self-control, self-reliance, and unselfish service to others.

The eleven fields of interest in the Girl Scout program are Agriculture, Arts and Crafts, Community Life, Health and Safety, Home-making, International Friendship, Literature and Dramatics, Music and Dancing, Nature, Out-of-doors, and Sports and Games.

Practically every community in the United States, large or small, has a Girl Scout Group to which you may apply for fun and advice. While their program is primarily a recreational one, and includes girls from seven to seventeen years of age of all religious and racial groups, they do recommend and refer personal problems to individuals and agencies properly equipped to handle such matters.

See your local phone directory for your Girl Scout Troop and get set for good times. Or write direct to:

> Mrs. Lewis A. DeBlois, Director Program Department GIRL SCOUTS OF THE UNITED STATES OF AMERICA 155 East 44th St., NYC 17.

THE BOY SCOUTS OF AMERICA

This organization is similarly listed in your local phone book and offers kindred services to boys from seven to twenty. Here a boy learns self reliance, respect for others,

DIRECTORY

scouting, crafts, and countless things that make him a better, more useful citizen, equipped to make the most of his own abilities and talents. For full details write to national headquarters:

> Mr. Urner Goodman Boy Scouts of America 2 Park Avenue New York City 16, N. Y.

THE CAMP FIRE GIRLS, INC.

This organization functions through membership groups under volunteer leadership. We have three age divisions: The Blue Birds (seven to nine), Camp Fire (ten to fourteen) and Horizon Clubs (high school teenagers). The Horizon Club program includes activities and educational pursuits based on teen interests: Personality Development; Service to Others; Good Times; Vocational Exploration; Good Relationships; and Community Participation. The older girls themselves have asked for a definite close relationship with the younger groups in Camp Fire—a continuation rather than a separation—of their broadening interests, but still with the guidance and inspiration of the Camp Fire Girls' Law:

Worship God Be Trustworthy
Seek Beauty Hold on to Health
Give Service Glorify Work
Pursue Knowledge Be Happy

Horizon Clubs get a girl ready to enjoy a good social life with the people around her; in her home and in her circle of friends. They can fit her to work and like it, at home or in an office or shop. They can accustom her to doing her bit as a citizen. They can make her ready for love—the get-married-and-have-babies-kind. This is quite a large order, but it is the idea behind our plan for the senior Camp Fire Girls. Because it looks that far ahead and has that wide a sweep, the organization was named Horizon Club.

Ask your local Camp Fire Girls office for further information on joining and acquiring your uniform and an application blank, or write the:

National Horizon Club Adviser, CAMP FIRE GIRLS, INC., 88 Lexington Avenue, New York 16, N. Y.

or

C. Frances Loomis, Director Program Department CAMP FIRE GIRLS, INC. 16 East 48th St., New York City 17

BOYS' CLUBS OF AMERICA

Three hundred Boys' Clubs and 375,000 boys, ranging in age from eight to twenty, are members of Boys' Clubs of America which is devoted to the social, educational, vocational and character development of boys throughout the United States.

Its major interest is underprivileged boys, though in many small communities all boys are served.

Each Boys' Club provides all kinds of recreational and social activities; and is much more than a recreational organization. It provides medical examinations to discover physical defects for correction. It provides physical training and athletics. Swimming and life saving are taught. Vocational classes develop skills and discover aptitudes. Libraries and books, musical and dramatic activities, instruction in arts and crafts, group clubs and Boy Scout troops are provided. It takes a boy to camp at low cost. It develops ideals of national and community service.

Boys' Clubs have buildings which are open to any or all of its members every week day afternoon after school and in the evening. Trained workers of Boys' Clubs discover the needs of individual boys; give counsel in personal problems; instruct in the varied activities; guide boys in behavior and attitudes in a continuous everyday, informal relationship.

Trained, experienced men are available for visits to Boys' Clubs to assist in problems of organization, building construction, programs, personnel, financing, and community relationships.

These men assist in the planning and participate in Area Councils, institutes, and committees of Boys' Clubs.

They assist local groups in the establishment of Boys' Clubs. Furnish information. Organize community interests. Make studies of local needs. Submit plans for organi-

zation. Aid in promotion, selection of sites, building facilities, and capable executives. Suggest methods of financing Boys' Clubs.

They represent Boys' Clubs of America in their respective regions. Their names and office addresses are listed below.

Specialists collect information, initiate and develop program ideas and projects, outline methods, and prepare material for booklets, leaflets, and bulletins. They furnish specific information on request.

They organize and staff program committees of experienced Boys' Club workers for the evaluation of programs, and also establish standards of operation for recommendation to Boys' Clubs.

If there is no Club in your town and you'd like to start one, for detailed information write to National Headquarters:

> David W. Armstrong, Executive Director Boys' Clubs of America 381 Fourth Avenue, New York City 18

Or to the regional offices nearest you:

REGIONAL OFFICES

Northeastern Region

New York 16, New York

381 Fourth Avenue

Regional Director: Thomas J. Craighead

DIRECTORY

MIDDLE ATLANTIC REGION

Washington 5, D. C. Room 303, Westory Building 605 Fourteenth Street, N. W. Regional Director Daniel Culhane

SOUTHERN REGION

Atlanta 3, Georgia Room 602, Candler Building Regional Director: Frank N. Wade

EAST CENTRAL REGION

Cincinnati 2, Ohio Room 1503, First National Bank Building Fourth and Walnut Streets Regional Director: Edwin F. Van Billiard

CENTRAL REGION

Chicago 3, Illinois Room 682, First National Bank Building Dearborn, Monroe and Clark Streets Regional Director: William H. Montgomery

SOUTHWESTERN REGION

Fort Worth 1, Texas 508 Throckmorton Street Regional Director: Francis V. Thomson

WESTERN REGION

Los Angeles 28, California Room 809, Guaranty Building 6331 Hollywood Boulevard Regional Director: Aaron H. Fahringer

THE FEDERAL COUNCIL OF THE CHURCHES OF CHRIST IN AMERICA

Created in 1908, the Federal Council of the Churches of Christ in America is the accredited agency through which twenty-five denominations, comprising 142,354 local congregations with a total communicant membership of 27,749,967, cooperate in common tasks. It is the central instrument through which these otherwise separated bodies come into a united witness to their central Christian convictions and united service in undertakings that can be carried out better together than separately.

Although made up primarily of Protestant bodies, the Council is organized on a basis broad enough to welcome all branches of historical Christianity—which are committed to the ideal of fellowship and the practice of cooperation with other Churches. Since 1938 three Eastern Orthodox bodies have been received into membership which includes:

Northern Baptist Convention National Baptist Convention Church of the Brethren Congregational Christian Churches Czech-Moravian Brethren

DIRECTORY

Disciples of Christ
Evangelical United Brethren
Church
Evangelical & Reformed
Church
Friends
Methodist Church
African Methodist Episcopal
Church
African Methodist Episcopal
Zion Church
Colored Methodist Episcopal
Church
Moravian Church
Presbyterian Church in U.S.

Presbyterian Church—U.S.A.
Protestant Episcopal Church
Reformed Church in America
Russian Orthodox Church in
North America
Seventh Day Baptist General
Conference
Syrian Antiochian Orthodox
Church of North America
Ukrainian Orthodox Church
of America
United Church of Canada
United Lutheran Church
United Presbyterian Church

The COUNCIL is also directly responsible for important leadership in the field of adult education; and there are now 635 city, county, and state Councils of Churches in thirty-five states of the Union, providing such leadership for a united Christian program throughout their local areas. It maintains a highly qualified executive for educational work in behalf of the Christian home; for the family is recognized as the key to training in religion, to the development of character and to the building of a wholesome society. The program emphasizes the part of the church in preparation for marriage, parenthood and homemaking.

Many study pamphlets along with suggested reading lists of similar nature are issued and distributed by them on the subjects of love, marriage and sex behavior and may be ordered by writing to:

THE FEDERAL COUNCIL OF THE CHURCHES OF CHRIST IN AMERICA

297 Fourth Avenue, New York City 10 Attention: Leland Foster Wood.

Or to their affiliate groups:

COMMITTEE ON CHRISTIAN FAMILY LIFE OF THE UNITED COUNCIL OF CHURCH WOMEN 156 Fifth Ave., New York City 10

THE COMMISSION ON MARRIAGE AND THE HOME OF THE FEDERAL COUNCIL OF THE CHURCHES OF CHRIST IN AMERICA

297 Fourth Avenue, New York City 10

THE JEWISH BOARD OF GUARDIANS

The development of the JBG, which is the largest and oldest case work agency in the country for children with personality problems, demonstrates constant change in accordance with new scientific discoveries and the changing needs of the community it serves. Through case work, psychiatric and psychologic service, the Board provides a multifaceted program serving troubled children, parents and adults of the Hebrew Faith.

After over fifty years of such service, the agency has set for itself two main tasks: 1—to develop an effective method of treating behavior problems; 2—to find ways of reaching children as early as possible after their problems have been recognized.

Psychiatry and group therapy play lead roles throughout the activities and services rendered by the Jewish Board of Guardians. The purposes of the various institutions operating under JBG supervision are as follows:

THE CHILD GUIDANCE INSTITUTE: to bring the best available scientific knowledge and skill to bear in the prevention and treatment of personality disorders in boys and girls of all ages.

THE HAWTHORNE-CEDAR KNOLLS SCHOOL: to offer professional care and guidance to youngsters whose personality difficulties require that they spend a period away from home in a controlled environment.

THE GROUP THERAPY DEPARTMENT: to help children and parents in overcoming personality difficulties and social maladjustments through the medium of group relationships.

Group Interview Therapy has been instituted for those adolescents and mothers of children who need to understand their mutual problems and the way they each react to them.

THE LAKEVIEW HOME: to help the unmarried mother work out a realistic and wholesome solution for herself and her baby, and to return her to society better equipped to cope with the realities she will face.

THE VOLUNTEER SERVICE composed of "Big Brothers," "Big Sisters" and Social Service Aides: to help in the treatment of boys and girls and to interpret the JBG's mental hygiene program to the community.

JBG CAMPS: to provide a carefully supervised, therapeutic summer camp experience, for boys and girls being helped by the JBG, in a setting conducive to wholesome and happy group living.

Full particulars on all JBG services will be sent on inquiry to any of their administrative offices:

JEWISH BOARD OF GUARDIANS

328 East 19th St., New York City 3 Mrs. Myra Kursham, Supervisor 369 East 149th St., Bronx 55, N. Y. Mrs. Yonata Feldman, Supervisor 285 Schermerhorn St., Brooklyn 17, N. Y. Dorothy Dunseff, Supervisor 1797 Pitkin Avenue, Brooklyn 12, N. Y. Mazie Becker, Supervisor

THE CHILD STUDY ASSOCIATION OF AMERICA

Located at 221 West 57th Street, New York 19, New York, the association is a national organization for parent education with a workshop in New York City. Among the services offered to families within reach of headquarters are:

Individual guidance by staff counselors, under psychiatric supervision, for young people and to parents in the many problems, simple and complex, which arise in family living.

DIRECTORY

Lectures and discussion courses for parents and professional workers on practical aspects of child development, family and community relations, including such topics as social adjustments, sex development, adolescent problems, parent-child relationships.

Its publications, books, pamphlets and quarterly magazine, *Child Study*, have nationwide distribution. Materials on sex education of particular interest to parents and leaders are the pamphlets "When Children Ask About Sex" and "The Technique of Sex Information," and Chapter VII, "Sex in Childhood," in the book, *Parents' Questions*, by the staff of Child Study Association, revised in 1947, Harper and Brothers.

The Child Study Association strives to bring about an ever widening understanding of childhood and a renewed, strengthened family within the community. Through its many services, the findings of psychology, psychiatry, medicine and education are sifted, clarified and made available to parents and teachers. Emphasis is at all times on the prevention of personality difficulties through a practical approach to the everyday problems of normal children and their parents.

For further information write to:

THE CHILD STUDY ASSOCIATION OF AMERICA 221 West 57th Street New York 19, N. Y.

THE AMERICAN SOCIAL HYGIENE ASSOCIATION

This group fosters the organization and extension of sex education in home, church and school as part of an overall program of action to strengthen the family as the basic social institution. The Association publishes authoritative professional and popular books and pamphlets on sex education; issues and distributes films; helps train teachers, parents, and others responsible for the development of youth for leadership in this field; prepares curricula and other materials for guidance and works with individuals and groups co-operatively on projects with these objectives.

Write for recommended reading lists and other information to:

THE AMERICAN SOCIAL HYGIENE ASSOCIATION 1790 Broadway, New York City 19

THE FEDERAL SECURITY AGENCY U. S. Office of Education

The Office of Education has several specialists in various areas who deal with health education, education for family living, recreation, child guidance, etc.

Specific material available from this Office are bibliographies on social hygiene. These cover: 1—Books and Pamphlets for Small and Preadolescent Children; 2—Methods and Materials in Schools; 3—Books for Teenage Youth; 4—Sources of Material for Children and Youth; 5—Methods and Materials for Parents.

DIRECTORY

These reading lists are free for the asking. Simply write for them:

FEDERAL SECURITY AGENCY U. S. Office of Education Washington 25, D. C.

FAMILY SERVICE ASSOCIATION OF AMERICA

This organization has a membership of approximately 230 local private and public agencies which offer a great deal of counseling and other kinds of help relating to adolescents and families.

It promotes social work through field service to Member Agencies, interpretation to the public, and publications for professional social caseworkers and laymen.

Its primary purpose is to assist individual members of any family in developing the opportunity and the capacity for satisfying and useful lives. This purpose is carried out through two major functions, related to individual capacities and to community opportunities:

- 1. Social case work treatment, available for persons needing help in utilizing strengths and in dealing with handicaps within themselves, in their family relationships, and in environment. This includes specific services to and for children, adolescents, parents and other adults.
- 2. Community leadership in the advancement of education for family living and in the improvement of social conditions directly affecting family life.

Among the services offered by local family agencies are:

- 1) Family Relationship Services: Casework help in such areas as marriage, counseling, parent-child relationships, and behavior problems of children, homemaker service in case of a mother's illness in order to keep fanilies together, child placement (frequently through a special department when this is in the best interest of the child and family).
- 2) Family Budgeting Service: Consultation on problems of financial management related to low income, high cost of living, income taxes, special health expenses.
- 3) Vocation and Employment Advisory Service: Assistance to persons in analyzing their vocational problems, discovering new capacities, and making use of other community facilities for vocational adjustment, retraining, and job finding.
- 4) Financial Assistance: For special educational, recreational or vocational purposes. Or family emergencies.
- 5) COMMUNITY LEADERSHIP: Focussing community attention on the problems of venereal disease, tuberculosis, and the emotional aspects of illness, and the strength rather than weakness of seeking help on personal and family problems.

For names of agencies in your vicinity, and complete information, write:

Family Service Association of America 122 East 22nd St., New York City 10

DIRECTORY

CHILD WELFARE LEAGUE OF AMERICA, INC.

This organization functions in cooperation with other agencies throughout the nation for the establishment and maintenance of adequate standards of work and extension of activities in the child welfare field—with immediate focus on the child and family.

- 1) Their purpose is: to promote and develop popular understanding of child welfare and of action leading to effective community planning and broad support of services needed for the well-being of all children regardless of race, color or creed.
- 2) To promote, wherever needed, a more adequate provision of private and public social services to children in all jurisdictions of the United States and Canada, and to provide leadership where needed to assure such promotion.
- 3) To promote good standards of service to children offered by agencies within the League's constituency and wherever else the League's influence may extend, assisting whenever possible those in other countries who are interested in the welfare of children.

Write them for particulars of work being done in your vicinity:

CHILD WELFARE LEAGUE OF AMERICA, INC. 130 East 22nd St., New York City 10

UNITED PARENTS ASSOCIATIONS

This is a federation of 280 Parent and Parent-Teacher Associations, with a High School Committee which discusses teen-age problems.

They also maintain Motion Picture, Radio and Health Committees, to handle problems in these specific fields, and to select radio and motion picture programs suitable for children.

For complete details write:

Harry Winton, Executive Secretary UNITED PARENTS ASSOCIATIONS 289 Fourth Ave., New York City 10

THE MERRILL-PALMER SCHOOL

This institution specializes in education for home and family life. It has, since its inception in 1920, made a progressive effort to give its students opportunities to gain an understanding of children throughout the span of their growth and development.

The Guidance Service for children and their parents through the Psychology Department now offers additional opportunities for students to understand the needs of children and the importance of diagnostic studies, planned environment and various therapeutic psychological techniques for promoting more satisfactory adjustments for children and adults.

They will accept children of all ages who have adjust-

ment difficulties consisting of school problems, physical limitations, faulty relationships within the family and in the community; and a limited number of referrals can be accepted from parents, practicing physicians, social agencies, the schools and other community agencies of accepted professional standing.

The agencies cooperating with the School are:

- 1. Public and private health agencies such as hospitals, nursing services and clinics.
- Public elementary and secondary schools in Detroit and many nearby communities, special educational programs for the physically and mentally handicapped, and adult education under public or private sponsorship.
- 3. Social service agencies such as courts, clinics, case work agencies, consultation services, and homes for dependent and delinquent children.
- 4. Recreational agencies, community centers, group work agencies, and public libraries.
- 5. Public and private nursery schools, extended day care and other child care services.
- Governmental services such as housing projects, vocational guidance, and child protection.

Full particulars can be obtained by writing:

MERRILL-PALMER SCHOOL 71 East Perry Avenue, Detroit 2, Michigan

PUBLIC AFFAIRS COMMITTEE, INC.

The idea of the Public Affairs Committee was born in the midst of the depression. Then as now everybody was talking about America's economic and social problems, but few knew the actual facts about them. How to answer these problems was attacked twelve years ago by the group of outstanding economists, political scientists and educators who organized the Public Affairs Committee and launched the popular 20-cent, 32-page Public Affairs Pamphlets—digests and analyses of important research.

The Committee is a non-profit, educational organization, formed in 1925, whose program is: public education on current economic and social problems. Special quantity rates are offered on the Pamphlet series covering a wide variety of subjects, such as: Family Relations; Youth and Education; Health Problems, Racial and World Problems; Current Issues, etc.

Write for lists and order blanks to:

Public Affairs Pamphlets
22 East 38th Street, New York City 16

Aside from the associations listed here which function nationally in your behalf, you'll discover—if you take the time to look—that many social, recreational, and personal services are also offered to almost every community in our country—no matter how rural or urban. Hunt such help as you need or want through your local Church, town newspaper, Elks, Masons, Oddfellows, Knights of

Columbus, American Legion, Junior League, Junior Chamber of Commerce, Parent-Teachers Association in your school, your State Education Department or University, and other similar groups. All of them can and will help you or tell you quickly where to get help. And don't feel that your problem is too small to talk about. Part of their program is to help folks in real trouble—particularly if those folks are boys and girls; for you are the future citizens whom they want to see in good community standing.

Don't overlook your department store either. Very many of them maintain youth and teenage departments and centers for both entertainment and advisory services, holding after-school sessions on all subjects; and quite often staging coke and juke box parties just for teenagers. Don't miss opportunities for new friends and fun, by not knowing about what's going on around your own corner.

Numerous "Calling All Girls" Clubs are located throughout the states too, which are usually established in the department stores. Don't forget to look this up. For information on them, write to: Nancy Pepper, Calling All Girls Clubs, 52 Vanderbilt Ave., New York City 17.

And another good source of all kinds of help, information, and know-how is your favorite national magazine. They most frequently offer advisory services for recreational programs, teen canteens, school and camp information, career planning, homemaking hints, personal advice, tips on health, beauty and the like. So WRITE, WRITE to them. And don't stop till you've found the answers to your needs.

Here's a few:

SEVENTEEN: 11 West 42nd St., New York City 17

CALLING ALL GIRLS: 52 Vanderbilt Ave., New York City 17

AMERICAN GIRL: 30 West 48th St., New York City 18

MISS AMERICA: 350 Fifth Ave., New York City 1

KEEN TEEN: 11 Park Place, New York City 7

Ladies Home Journal: 1270 Ave. of Americas, N. Y. 20

Maureen Daly-Special Teen Editor

Woman's Home Companion: 250 Park Ave., N. Y. 17

McCall's: 230 Park Ave., New York City 17

REDBOOK MAGAZINE: 230 Park Ave., New York City 17

Excellent School and Camp advice to help you choose the right one for your particular requirements.

News Information Service: 220 East 42nd St., N. Y. 17 Some syndicated columnists give teen mail special attention on health, posture, beauty or personal problems:

Dr. Theodore Van Dellen: Chicago Tribune-New York News Syndicate, 220 East 42nd St., New York City 17 (health and diet)

Antoinette Donnelly: 220 East 42nd St., New York City 17 (face and figure problems)

Dorothy Dix: 220 East 42nd St., New York City 17 (boygirl troubles)

Mary Haworth: King Features Syndicate, 235 East 45th St., New York City 17 (home and parent difficulties)

Beatrice Fairfax: King Features Syndicate, 235 East 45th St., New York City 17 (boy-girl relationships)

Betty Betz: King Features Syndicate, 235 East 45th St., New York City 17 (teen advice on most all subjects) Ruth Millett: NEA Syndicate, 1200 Lake St., Cleveland 13, Ohio (etiquette, home and parent woes)

Epsie Kinard: NEA Syndicate, 461 Eighth Ave., New York City 1 (clothes, grooming and beauty hints)

Emily Post: Bell Syndicate, 247 West 43rd St., New York City 18 (good manners and the proper social forms)

Gladys Bevans: Chicago Tribune-New York News Syndicate, 220 East 42nd St., New York City 17 (for parents: child behavior problems)

So there you are, kids. Get busy and get in on all the fun and help provided by these various organizations and publications. Look up one of those nearest you and join it, or start a membership club of your own. Plenty of blueprints, plans and programs are available, waiting your request to be put in operation. Many groups even send around a worker to help you get started. If you're enthusiastic enough, everybody will pitch in to get you going. The local townsmen and tradespeople can almost always be counted upon to donate services, equipment, space, and the moral and material support necessary to the success of such a venture. And it's a mark of civic pride in every community when the grown-ups know that their teenagers have a headquarters of their own in which to enjoy happy, wholesome fun. So get out and get going. The whole world may not be your oyster, but your own hometown certainly can be.







